



## LET'S TALK ABOUT SEX

Why condom entrepreneur says men should share locker room secrets **P3**

We'll be back



Rebecca Adlington, right, celebrates winning the gold medal with silver medallist Joanne Jackson in the Women's Open 400m Freestyle Final at the Aquatics Centre. The friends secured their places at the 2012 Olympics. "There is so much relief, happiness, excitement. It's an amazing feeling," said Adlington. "I just started crying because it is four years of training." **Swimming prospects / Page 68**

Councils still working on details of residents' permits

# Confusion reigns on 2012 parking

■ RESIDENTS in the Olympic boroughs still don't know the arrangements for parking permits.  
■ Plans will now be released at the end of April, just three months before the Games begins.  
■ Most permits will be free for residents but how the system will be organised is still to be finalised.  
**Full report / Page 4**

## Inside



## CHELTENHAM CHANCERS

Can Kauto Star make it five in a row at the year's big jump meet?

**P67**



## FINE LINE

Greenwich on tourist map but charging costs the Meridian Line **P10**

## PLUS

Time is finally called on City Pride pub **P10**

**SPECIAL OFFER** 80% discount on Ecolite IPL hair removal by Hypoxizone **P6**



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**12C FRIDAY**  
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**14C SATURDAY**  
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**13C SUNDAY**  
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**13C MONDAY**  
Sunny



## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine.

**ROADS**  
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when you can  
check our  
daily travel  
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## CONTACT US

The Wharf  
Trinity Mirror  
21st Floor  
One Canada Square  
Canary Wharf  
LONDON E14 5AP

**EDITOR** Giles Broadbent  
email newsdesk@wharf.co.uk  
editorial 020 7510 6306  
advertising 020 7510 6055  
fax 020 7293 2264  
web wharf.co.uk

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# Agenda

# A realistic picture of the unsocial masses

I managed to get tickets to the sold out David Hockney exhibition, *A Bigger Picture*.

I'm not quite sure how I did it. By which I mean I followed behind my friend in a hungover haze to the Royal Academy one day and that night I had two tickets in my handbag.

I was fully functioning and sober when I returned. It was a magnificent show that left me looking at the world with fresh eyes. Though the fresh eyes may have been down to a lack of alcohol and eight hours sleep the night before.

The only fly in my soft drink, were the masses of fellow exhibition

## BLONDE'S EYE VIEW



ANGELA CLARKE

visitors. Other people ruin everything.

It wouldn't be so bad if museum and gallery visitors knew how to behave. There's usually some whiny kid who would rather be at home massacring zombies on his games console than enduring the educational treat his parents have foisted upon him. Be warned, if he goes nuclear, you're best off calling it quits and heading to the cafe early.

A screaming child is not conducive to quiet, artistic reflection. Then there's the loud pompous bore who has to impress on everyone within a three-mile radius just how intelligent he is. If you hear the words "social

realism" uttered by a man more than five paces away, then back, very slowly out of the room.

Gangly art students in "political" neck scarves slouch in front of the painting you want to study.

Old ladies with walking sticks and little folding stools shuffle into your path. These ladies may look vulnerable but don't be fooled; those are not mobility aids they're toting, but leg bashing weapons used for sweeping others out the way.

I'll stay at home and view the exhibition online next time. Actually, I have a better idea, anyone know where I can get a walking stick and a collapsible stool?

## Reuters' view



Student Madeline Evans walks past a destroyed school bus after a tornado devastated the town of Henryville, Indiana in the United States

**A week in photos**  
Page 58

## What our writers are talking about

■ The Jubilee Greenway, probably the finest of all the Greenways, passes by Spiral Towers.  
**Giles Broadbent**

■ In truth, Master A hadn't received an invitation to Harry's party. I felt physically sick.  
**Tabitha Ronson**

■ Since being elected mayor, I have stood shoulder to shoulder with all religious faiths.  
**Lutfur Rahman**

## Corrections & Clarifications

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## 60 Second Wharf

### Parking permit worry

Confusion surrounding residents' parking permits continues with more delays on their publication.

**News / Page 4**

### New life for Minoco

Minoco Wharf could become home for 20,000 people if the plans are approved by the Mayor of London.

**News / Page 5**

### Chain targets Wharf

Hotel chain Travelodge has set its sights on Canary Wharf as part of a dramatic expansion plan.

**Business / Page 6**

### Crossing the line

The number of visitors to the Meridian Line in Greenwich has halved since charging was introduced.

**News / Page 10**

### Taking life in chunks

Turning life's massive challenges into bite-sized chunks Alastair Hill, life coach, tells Louisa Emery.

**Living / Page 55**

### Special Focus

Choosing a private school for your child – possibly one of the most important decisions you will make.

**Focus / Page 56-57**



**P55**

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# Mission impossible? Get men to talk about size

Ex-banker moves in to made-to-measure business as condom concept takes off

**Rob.Virtue**  
@wharf.co.uk

**I**t may not be very British but ex-banker Joe Nelson is determined to get people talking about sex.

The 31-year-old left Goldman Sachs last year to start an innovative condom business offering men 95 different sizes.

He believes mainstream manufacturers are too keen to mass-produce and are missing a trick by not offering men what they really want.

"I can't think of anything so important but hated so much by men as condoms," said the Welshman who lives in Narrow Street, Limehouse.

"Many don't use them even though the World Health Organisation says every day one million people catch an STD.

"So why don't people use them? I would argue it's because most men would rather choose good unsafe sex to bad safe sex."

Joe believes this is a size issue, citing research that shows 45 per cent of men complain condoms aren't the right fit for them.

The company, They Fit, has a print-out measuring stick on its site where men can size up before ordering stock. Condoms are made in Malaysia and shipped in before being distributed from Bedford.

The website went live three months ago. Now Joe's aim is to spread the word and get people talking about sex and, of course, his product.

"It's not British to talk about sex so it's no wonder we've got the worst teenage pregnancy rate in Europe," he said.

"You never hear men talking to each other about what a great condom



LOUISA EMERY

Former banker Joe Nelson's bespoke condom site offers a measuring guide and practical tips

they've used but I'm getting emails from all over saying this product has changed their sex life.

"People need to talk about condoms otherwise the best case scenario is you end up with a baby. The worst case is syphilis or HIV."

Joe first heard about the idea and traced it to an American. He decided to go into business with him to get the product into the UK.

"I'd been talking about this since 2006 and have bored my family to death with it," he said. "Everyone has this dream of having their own company and I believe in this product."

Go to [theyfit.co.uk](http://theyfit.co.uk).  
■ Readers who use the discount code WHARF will get 15 per cent off orders made by April 30.

## Bank windows smashed

MORE than £25,000 worth of damage was caused to the Barclays Bank headquarters in Canary Wharf in an attack in the early hours of last Thursday.

Tower Hamlets Police said a large number of windows at the front of the building were smashed in the incident at 3.30am.

Canary Wharf security detained a suspect until police arrived.

A spokesman for Barclays said: "There was an incident last week and we are cooperating fully with the police.

"No-one was injured and the building continued to operate without any disruption."

Staff were seen removing glass from the offices at Churchill Place on Thursday morning.

Alan John Price, 55, of Cromwell Road, Staffordshire, has been charged with criminal damage and harassment in relation to the incident.

He was released on bail after appearing at Thames Magistrates on Friday. He will return to the court on April 13.

## Transport

### Boris bikes make their Wharf debut

BORIS bikes will be operational in Canary Wharf from today with 2,000 of them being added to the network.

Reuters Plaza and outside the Corney and Barrow bar are two of the areas which will see some of the new docking stations.

In all there will be 4,800 docking points for the bikes in Tower Hamlets. Journey times from Canary Wharf to Liverpool Street should take 26 minutes.

## Event

### Radiohead pencil in two dates at O2

INDIE rockers Radiohead have announced details of their first UK tour in four years and two of the three dates will be at The O2.



The Oxford-based band, fronted by Thom Yorke, pictured, are currently touring their new album *King Of Limbs* in the US and will be at the Greenwich venue on October 8 and 9.

Tickets went on general release on Friday (March 9). Go to [theo2.co.uk](http://theo2.co.uk).

## Court

### Woman accused of knife murder

A GREENWICH woman appeared at the Old Bailey this week accused of killing a grandmother in a knife attack.

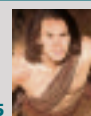
Nicola Edgington, 31, was remanded in custody to a psychiatric hospital.

Edgington is charged with the murder of Sally Hodkin, 58, in Bexleyheath, and the attempted murder of Kerry Clark, 23, on October 10.

Mrs Hodkin was stabbed in the neck with a butcher's knife in an apparently random attack.

## Read on »

Can John Carter cut life on Mars?



What's On / Page 15

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# Residents still in the dark about parking permits

## SPECIAL REPORT

Delay means plans will not be revealed in full until the end of April, writes  
**Giles Broadbent**

**C**ritical parking arrangements for residents who live in the Olympic boroughs are still up in the air with less than six months to go before the Games.

Confusion among residents – many of whom find themselves in a controlled parking zone for the first time – is growing.

Many do not know if they will need to apply for permits, what to do when a visitor stays, what will happen if, say, they have a courtesy car or,

crucially, how much they will have to pay for anything other than their own permit, which will be free.

The confusion will only intensify with the way the system is being managed. Although Olympic organisers have overall control of parking plans, different boroughs will enforce their own rules.

Newham blogger Kevin Blowe said: "There seems to be a fair amount of confusion and rumour about the exact impact of this summer's Olympics on restrictions of movement, access, parking and surveillance of residents and businesses."

Although consultation has begun and plans are being finalised, nothing has been set in stone and Locog could only confirm this week that residents would receive a letter in due course.

Head of traffic at Locog Mark Bland said: "A huge amount of engagement has taken place. We've corresponded with residents with maps and plans about what we are seeking to implement."

"But there will be a further engagement process with residents about what they need to do to get a permit, how the system works, how many permits etc. All that information is still to come."

He added: "Different boroughs will have different rules. We are trying to get some consistency around the venues but there are different impacts from different schedules."

"The permits are all free and we are working with the boroughs to find the easiest ways to get those permits."

In all, say Locog, up to one million permits may be issued during the Games for residents, visitors and businesses.

Locog CEO Paul Deighton said: "We don't want spectators driving to venues and parking on residential streets. Equally we want local businesses to thrive this summer and we are determined that London will be open for business during the Games."

The Local Area Traffic Management and Parking Plans were due early last year but have been beset by delays and only scraps of information have emerged.



Cars park in Freemasons Road, Canning Town

**W** Why will there be no consistency?

"We are trying to get some consistency around the venues but there are different impacts at different schedules."

**Mark Bland**  
Head of traffic, Locog

"They are now expected in March 2012, which leaves very little time for businesses to plan accordingly," says borough umbrella group London Councils. "This deadline is extremely challenging, particularly if a public inquiry or judicial review becomes necessary."

This week Locog announced that the end of April, not March, was now the likely publication date.

Newham Labour councillor Pat Holland alerted officers to the problem back in January saying: "The message is not getting out."

The whole of Newham will, effectively,

become a controlled parking zone.

Mayor Sir Robin Wales told residents: "You can't host the world's biggest sporting event without a bit of change to the daily routine but we will minimise the impact of the Games on residents and local business."

However, Newham is unable to say right now how the system will work other than "we will prioritise parking, for residents and business."

"We are currently working with Locog to finalise our full plans for Games time parking," said the council.

Newham is likely to give residents parking permits by default – a fleet of registration recognition vehicles will monitor roads and be in contact with the DVLA. But there might be payment for visitors' permits.

Greenwich also has yet to inform residents what they need to do.

A spokesman told *The Wharf*: "The Royal Borough of Greenwich is in final discussions with Locog and Transport for London over local traffic and parking arrangements."

"Our priority is to support and to help facilitate a successful Games as a Host Borough, whilst ensuring the interests of our residents, businesses and traders are protected."

A spokesman for Tower Hamlets said: "Locog is leading on the parking plans during the Games and they would be best placed for a statement regarding details."

"We'll be communicating the plans through local media, *East End Life* and the council website."

Go to [london2012.com/access](http://london2012.com/access) and parking for the latest information. Additional reporting by Louisa Emery and Rob Virtue

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## OLYMPIC ROUTE NETWORK

TRANSPORT for London (TfL) is closing in on the latest stages of arrangements for the Olympic Route Network (ORN).

It is now ready to make the Traffic Regulation Orders on the 109 mile network, which covers one per cent of London's roads.

The Games lanes, which will be in place on a third (30 miles) of the ORN, will operate flexibly at Games time and will open up to all traffic at times when demand

from Games family vehicles is low and capacity available.

A network of 150 Variable Message Signs (VMS) along the route will advise motorists when the Games lanes are open to regular traffic throughout the day.

Leon Daniels, TfL's head of Surface Transport said: "We're working with Locog and other partners to finalise traffic plans and communicate these to all Londoners in the areas affected."





## Sad memento of stricken ship

THIS woollen cap was worn by Titanic survivor Elizabeth Mellenger on the night of the disaster.

The wrap kept her warm as she escaped in Lifeboat 14 with her 13-year-old daughter and, later, was used to revive Second Officer Lightoller who was dragged on board from an upturned collapsible lifeboat.

The cape appears with other artefacts in *Titanic Remembered*, a small, free exhibition which opens today at the National Maritime Museum to mark the centenary of the sinking. Go to [rmg.co.uk](http://rmg.co.uk).

# 20,000 expected to make Minoco home

Waterside scheme expected to receive go-ahead from Boris

Rob.Virtue  
@wharf.co.uk

**B**uilding work on the long-awaited Minoco Wharf development can start if, as expected, it is given the go-ahead by Mayor Boris Johnson in the next two weeks.

The proposed scheme, which is based in the Royal Docks, south of the Excel centre, and includes nearly 3,500 homes set among 41 acres, was likely to be passed at a London Thames Gateway Development Corporation planning meeting on Wednesday evening.

LTGDC planning officers' report considering the application recommended approval for the regeneration scheme, which has been talked about since 2007.

They said the latest proposal was a "significant improvement on previous iterations".



The Minoco Wharf development will be built in two phases over a number of years

Once completed, it is hoped Minoco will be home to around 20,000 people with cafes, restaurants, shops, doctors and a primary school also part of the proposal.

The development will be built between Pontoon Dock and West Silvertown DLR stations.

Ballymore's application is for outline planning approval and "part-detailed planning permission".

The report also cited comments from Mayor Boris Johnson's office which said he considered the application "generally complied" with guidelines and he supported principle of this kind of large scale mixed use development.

If approved by LTGDC the mayor has 14 days to make a decision. Phase One will take five years to build.

Last week, Newham Council gave the plans its full backing but the size of the scheme means LTGDC and Mr Johnson make the final decision.

Section 106 contributions will be sought. Sport England has already asked for more than £3million to develop cricket and football facilities on site.

Another £6.3million is proposed to improve transport links in the area, including £2.5million to upgrade the DLR.

Around 7.5 per cent of the proposal will be affordable housing.

## Retail

### Family pie shop returns to town

THE Great British Fish and Chip Shop, owned by Inc Group, has closed after less than two years of trading allowing Goddard's Pies to return to Greenwich.

The family business operates a weekend pie booth on Fountain Court and will open on King William Walk next month.

Kane Goddard said: "We've been away far too long and we look forward to seeing some familiar faces and lots of new ones in our pie shop."

"2012 is an exciting year for many reasons and we can't wait to re-establish ourselves within the Greenwich community."

## Event

### Richie to play one night at The O2

LEGENDARY singer songwriter Lionel Richie will play one night at The O2 this autumn.

The crooner will appear in North Greenwich on October 28 as part of his 2012 European tour to promote his *Tuskegee* album.

Tickets go on sale on Monday (March 5) at 9.30am. Go to [theo2.co.uk](http://theo2.co.uk).



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## The Independent

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## Company Magazine

"After eight sessions, I'd lost 4cm from my bum, 6cm from my hips and 8cm from my waist. Now I'm hooked." Verdict: 5/5

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**Living / Page 55**

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## News

## Olympics 'will sell this region'

THE Minister for Tourism said he saw the Olympics as a huge "PR opportunity" from which east London could benefit for years to come.

Speaking at the launch of the Travelodge in Stratford High Street, John Penrose

said: "During the Olympics lots of people will be coming to enjoy the event. They will go home, tell their family and friends. And it will be watched by the biggest TV audience the planet has ever seen. 2012 is the hors

d'oeuvre but 2013 and 2014 will be the main course.

"It's the biggest PR opportunity the country has had for a generation."

Tourist chiefs are looking to reap £2.3billion in extra visitor spend this year.

## Hotel chain sets sights on Wharf

LOUISA EMERY

## BUSINESS

Expansion over next decade will create 5,000 jobs

Rob.Virtue  
@wharf.co.uk

Travelodge has unveiled a major expansion that will see a host of hotels opening in Greenwich and east London, including a 300-room venue in Canary Wharf.

The announcement was made at Stratford High Street last Thursday where the chain unveiled its 500th UK hotel.

For Tower Hamlets there will be hotels in Tower Hill, Limehouse, Mile End, Shadwell, Spitalfields and Whitechapel with the biggest - at an as yet unspecified location - in Canary Wharf.

Newham will see a 200-room hotel at the Olympic Park, as well as another venue by Plaistow Tube.

South of the river there will be hotels in Greenwich, Abbey Wood, Blackheath, Charlton, Kidbrooke, Plumstead, Canada Water and Bermondsey.

Around 30 jobs will be created in each hotel with entry level roles recruited through Job Centre Plus.

Travelodge chief executive Guy Parsons said: "Many of our managers started with the business in entry level roles



Minister for Tourism John Penrose and Travelodge chief executive Guy Parsons at the launch of 500th Travelodge

and we do all that we can to support our staff with their careers."

Overall, 184 hotels will be created in London by Travelodge by 2025 creating 5,000 new jobs.

Mayor of London Boris

Johnson said: "I salute Travelodge for this ringing endorsement of our great city in one of the greatest years in its history."

"The jobs and opportunities this will bring will be warmly welcome."

## Ronke presses for funding

NICK BLAK

Louisa.Emery  
@wharf.co.uk

AN entrepreneur from Greenwich has spoken out in support of a fund for small business start-ups.

Founder of skincare company Emi & Ben, Ronke Ige met with MPs at an All Party Parliamentary Group to discuss the Youth Investment Fund.

The 31-year-old businesswoman had contributed to a letter sent to Prime Minister David Cameron recommending

the early stage business loan be operated on similar terms to student finance.

Ronke said: "Starting your own business is tough at the best of times but, with the right guidance and advice, it can be a real alternative."

"With costly university fees and lower employment prospects, entrepreneurialism can make a fantastic difference in getting Britain working again now."

Founder of the Virgin Group Richard Branson has also lent his support to the fund idea.



Ronke Ige meeting MPs



# Three jailed for revenge killing

Giles Broadbent  
@wharf.co.uk

THREE people have been jailed for the brutal killing of TV executive who was left to die in a burning car.

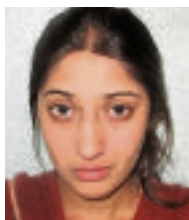
Harvinder Shoker, of Greenwich, who was given life, and Darren Peters, who got 12 years for manslaughter, beat unconscious 21-year-old Gagandip Singh and bundled him into the boot of a car which was later set on fire.

Singh had been lured to the scene in Blackheath by medical student Mundill Mahil, of Blackheath, who received six years for GBH.

The killing was in revenge for Singh's attempted sex attack on Mahil, six months before he died. So besotted was Shoker with Mahil he boasted he would do time for her.

Shoker recruited Peters to plot the attack and Mahil lured Mr Singh to her home where he was beaten viciously by the two men.

Unconscious, he was wrapped in a duvet and dumped in the boot of his own Mercedes and driven to Blackheath.



Mundhill Mahil  
received six years

Judge Paul Worsley told Mahil, he said: "He died in appalling circumstances. He was lured by you, Mundill, to your student house and he suffered really serious harm."

"You had collected Ravi and Darren from the railway station for that very purpose."

After the attempted sex attack, Mr Singh, who founded Sikh TV had bombarded Mahil with hundreds of text messages and phone calls.

The judge said: "You, Mundill, had decided that Gagandip Singh should be taught a lesson he would never forget. Exactly six months to the day before his death in the very bedroom where he was to be attacked, he had sexually assaulted you."

Mahil, 20, of Maidstone Road, Chatham, Kent; Shoker, 20, of Charlton Park Lane, Greenwich; and Peters, 20, of Shooters Hill Road, Blackheath; were all sent to young offenders institutions.

The court heard from Singh's mother, Tajinder, who said: "Since Gagandip's death I feel like my heart has completely broken."



The Queen unveils a Jubilee Greenway Disc outside Buckingham Palace

## Going the full distance for jubilee

ONE of the missions of improved rail links between central London and Stratford was to link up East and West more effectively to make one city.

The Queen played her part in the mission by officially launching Jubilee Greenway which starts at Buckingham Palace and threads past the Olympic Park and through the Royal Docks and past The O2.

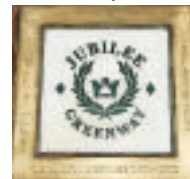
The route is marked by a series of discs, the first of which was unveiled by the Queen last week.

The Duke of Gloucester, patron of the

Walkway Trust, also switched on a special feature of 60 lit discs shaped as EIRR and surmounted by a crown at the main entrance to the Olympic Park.

The path has been open to walkers for several months.

Veteran Londoner Joe Little said: "I completed the first two stages of the Jubilee Greenway with some friends. It was an eye-opening experience because I was taken to places I had not seen before, despite having lived in London for almost 40 years."



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# Digest

## Landmark bridge gets makeover

Louisa Emery  
@wharf.co.uk

**1** A DOCKLANDS bridge which will be seen by visitors from all over the world as they arrive in the area this summer is being given a makeover ahead of the Olympic Games.

British Waterways will carry out £435,000 of repairs to the blue bridge in Manchester Road including a full repaint.

Mechanical and electrical repairs will be taking place and overnight road closures and additional traffic controls will be in effect between March 9 and April 27.

British Waterways harbour and waterspace manager Gareth Stephens said: "Boats from all over the world are coming to the Docklands for the Olympics this summer and the Manchester Road Bridge will be one of the first things they see as they arrive via the Thames."

"We want to showcase the docks in their best possible light as we welcome visiting vessels to London."

There will be no work carried out over the Easter weekend (April 8 to 11) and May Day bank holiday (May 5 to 7).

### Events

## Date confirmed for Cutty Sark opening

**2** THE Cutty Sark is to reopen on April 26 after five years of extensive restoration.

The historic Greenwich-based clipper, which has undergone work costing in excess of £50million, now rests 12 feet above its dry dock.

The Queen and the Duke of Edinburgh are to visit the Royal Borough the day before the relaunch and it has yet to be confirmed if they will be given a private tour.

Prince Philip is president of the Cutty Sark Trust and, with the Queen, was expected to reopen the ship. Tickets cost £12 for adults and £6.50 for children. Go to [cuttysark.org.uk](http://cuttysark.org.uk) for details

### Court

## Man jailed for rape of 14-year-old

**3** A MAN has been jailed for eight and a half years after raping a 14-year-old girl.

Ishola Adeyomi Adeoye, 26, of Long Lane in Bermondsey, took the girl to a house in Woolwich in January last year. He plied her with alcohol and then raped her after she had passed out.

Det Con Pete Thompson said: "This was an horrendous act committed against a vulnerable 14-year-old girl. Adeoye tried to deny the offence and when the evidence against him was so strong he ended up changing his account."



### Court

## Couple behind bars for witchcraft killing

**4** A NEWHAM couple have been jailed for life after torturing and drowning a teenage boy who they believed was a witch.

Kristy Bamu, 15, pictured, was murdered by his sister Magalie, 29, and her partner, Eric Bikubi, 28.

He was tortured for days over Christmas 2010 and finally died in a bath in a tower block in Manor Park.

Kristy had come to London from Paris for the festive season but things went fatally wrong when the couple accused him of putting spells on another child.



He was attacked with weightlifting bar, clawhammer, tiles, pliers, and pieces of wood.

Bikubi will serve at least 30 years and Bamu a minimum of 25 years.

### Charity

## Work on memorial for victims begins

**5** WORK has begun on a permanent memorial to those who died during in a war-time stampede at Bethnal Green Tube station.

Some £60,000 is still needed to add to the £500,000 already generated but fund-raisers say the work will act as a catalyst for more donations.

A total of 173 people, including 62 children, lost their lives on March 3, 1943, when people rushed to enter the station after hearing air-raid sirens – the worst British civilian loss of life in the war. It turned out to be a test.

Go to [stairwaytoheavenmemorial.org.uk](http://stairwaytoheavenmemorial.org.uk).

### Religion

## Church celebrates 1,000 year saint

**6** A GREENWICH church built on the site of the martyrdom of a saint is celebrating the 1,000th anniversary of his death.

Archbishop of Canterbury St Alfege was killed on Easter Sunday 1012 and the church will be remembering him by recreating an Anglo Saxon village in St Alfege Park over the weekend of April 21-22.

The present church on the Greenwich Church Street replaced the original medieval building and was designed by Sir Christopher Wren's pupil Nicholas Hawksmoor nearly 300 years ago.

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# £50,000 boost for dock sailing centre

Giles Broadbent  
@wharf.co.uk

DOCKLANDS Sailing and Watersports Centre has secured £50,000 of Olympic legacy funding to improve facilities.

The centre, which sits on the west end of Millwall Dock on the Isle of Dogs, has already started work refurbishing the showers and changing room facilities.

Watersports centre manager Judi Sanders, said: "We are delighted to secure the grant, which will enable us to upgrade

and refurbish our toilets and showers and build a new wet room for disabled users. It is the cornerstone of our strategy to have an outstanding centre for the 2012 Olympics' legacy."

The money comes from Sport England's Inspired Facilities Fund, part of the £135million Places People Play legacy programme.

Sport England's chairman Richard Lewis said: "This investment will create a fantastic sporting legacy for the Isle of Dogs."

"This fund has really hit the mark with sports clubs in east London. It shows we're offering the legacy that people want for their community."

MP Jim Fitzpatrick said: "I am delighted to learn that the centre has received this award."

"The improvements will encourage a greater number of people from all sections of the community, particularly younger members, to visit the Docklands Sailing and Watersports Centre and become involved with water sports."



**FORMER England rugby manager Martin Johnson saw East London's first team beat Norwich 22-12 on Saturday.**

The man who captained his country to World Cup success was at the Memorial Park ground for a Q&A session.

Johnson said: "There is a great spirit at East London Rugby Club and having the Olympic Games on its doorstep can only help."



Watersports centre



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## City Pride pub finally calls time

THE City Pride pub will be calling time later this month as its four-year stay of execution runs out.

The popular Isle of Dogs boozier will close its doors for the last time on March 23 ahead of redevelopment.

Manager James Urquhart said: "The new owner is now ready to redevelop the property and unfortunately the pub will have to cease to trade."

Glendola Leisure has been running the City Pride pub for more than 20 years.

James said: "Although we knew the pub would have to go at some point, now the time has actually come we are sad to see the end of an era however the future of the City Pride is out of our control."

The site had been earmarked for development since 2008 when Glenkerrin received permission for a 62-story block. But the Irish company got into financial difficulties and sold the site to a mystery buyer in January.

Jack Petchey unveils a bust of himself made by his partner Frances Segelman



LOUISA EMERY

## College pays tribute to benefactor

AN EAST End entrepreneur was honoured for more than a decade of commitment to a Newham college at a ceremony on Tuesday.

Plaistow-born Jack Petchey, 86, has been supporting the YMCA George Williams College through his foundation since 2001, giving more than £350,000 to date.

By way of thanks, the college dedicated a lecture theatre to Mr Petchey.

Speaking at the event he said: "I believe in education. It helps youngsters to get on in life and appreciate life."

"If we can establish a pride in youngsters it motivates them and if we can help these youth groups to go from strength to strength then we are meeting our objectives."

Mr Petchey unveiled a bust created by his partner, sculptor Frances Segelman who has previously produced busts of the Queen and Duke of Edinburgh.

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# Charging for line sees numbers fall

But museums and other attractions keep Greenwich on the tourist trail

Louisa Emery  
@wharf.co.uk

**V**isitor numbers have almost halved at one of Greenwich's most famous tourist attractions a year after it began charging an entrance fee.

According to figures released this week by the Association of Leading Visitor Attractions, The Royal Observatory recorded a 44.2 per cent drop last year.

The site introduced a £10 entry fee to see the Meridian Line and Flamsteed House in March 2011 but despite plummeting numbers it still proved to be the borough's second most popular attraction with 879,550 visitors for the year.

A spokeswoman said: "We introduced an admission charge for part of the venue for the Olympic test event in Greenwich Park, which began in May, temporarily made access to the Observatory more difficult, and may also have had some negative effect."

"In addition to this, the construction of the venue for the Olympic test event in Greenwich Park, which began in May, temporarily made access to the Observatory more difficult, and may also have had some negative effect."

The borough, which recently celebrated its royal status, is expecting an influx in tourism this summer with the reopening of the Cutty Sark, a visit



A £10 entry charge now applies to the Meridian Line and Flamsteed House

by the Queen and Olympic equestrian events in Greenwich Park

It was a different story for the Old Royal Naval College. Its 31 per cent increase in visitor numbers was only surpassed by Westminster Abbey – the venue for last year's royal wedding.

The ORNC, which acted as a location for a number of blockbuster movies in 2011 including *Sherlock Holmes*, *Batman* and *The Iron Lady* drew in 1,671,000 attendees.

Chief executive of the Old Royal Naval College Brendan McCarthy said: "We have been working hard to spread the word about the great

visitor experience we offer at the Old Royal Naval College.

"Increasing awareness of all that the ORNC has to offer to Greenwich residents has been a priority for us so we are especially pleased to have seen a 44 per cent increase in attendance by local families and young people."

The National Maritime Museum opened its £35million new development in 2011 and also saw a jump in visitor numbers, up 22.42 per cent to 848,080.

A spokeswoman said: "We are delighted that the opening of the new Sammy Ofer Wing has attracted many new visitors to the National Maritime Museum, and we're looking forward to our major new exhibition, *Royal River*, which opens this April."

**44**  
Per cent drop in visitors to the Meridian



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# Balls predicts a drawn-out recovery

Giles Broadbent  
@wharf.co.uk

SHADOW Chancellor Ed Balls has said Europe is set for a long period of negligible growth and high unemployment.

And speaking at the Mile End Group, he said Chancellor George Osborne was trapped by the Coalition.

Mr Balls told a gathering at the Queen Mary, University of London: "In Europe, I am deeply doubtful as to whether [the fiscal compact] is sustainable.

"The likely outcome is that we are going to face a long, multi-year period of protracted negligible growth and rising unemployment.

"The scale of fiscal consolidation and recapturing of competitiveness across southern Europe is a massive challenge.

"When Germany was going through that phase, the rest of the world was growing strongly. Unless you have an engine for growth outside the southern countries the only way to claw back that competitiveness is by an incredibly painful and drawn

out period of negligible growth and unemployment. It is a risky project.

"In my time in Government you had very difficult meetings with Europe financial ministers and it was their job to protect the national interest. But at a certain moment the issue would be elevated to the leaders who would say 'we have put narrow national interest aside and will forge a way forward'.

"The thing that has been distinguishing about the last three years is that it is the leaders who have also been forced to reflect a narrower national interest."

He said that in the circumstance of a contracting economy "a sensible Conservative chancellor would recognise that he has to calibrate the pace of his deficit reduction in order to try to keep the economy growing".

"It's actually the Lib Dems who have been strongest in saying 'this deficit reduction plan is the cornerstone of the coalition' and if George Osborne has to say 'I thought it was the right plan but actually it's not working' where does that leave the Lib Dems?

"It goes to the heart of whether the coalition is stable."



Shadow Chancellor Ed Balls

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# What's on

## GIG

Clare Teal

Boisdale Canary Wharf



Yorkshire-born jazz singer Clare Teal makes her Boisdale debut this week.

Inspired by Ella Fitzgerald, Clare divides her time between singing and presenting Radio 2's *Big Band Special* and *Sunday Night At Ten*.

Her big break came when she won a three-album contract with Candid Records, which led to her being signed by Sony. She then released the album *Don't Talk*, reaching number one in the UK Jazz Chart.

She has also picked up British and BBC jazz artist of the year titles.

Mar 9, 9pm, £10-40, boisdale.co.uk.

## STAGE

Elvis Presley In Concert

The O2 arena



The King is dead (and has been for some time) but long live The King.

It's unlikely the technology will emerge within our lifetimes to raise Elvis from the grave so this is probably the best way to experience his music live, paradox aside.

Musicians who performed with him when he was alive ignore the ghoulish implications of the concept and line up to jam with a projection of Mr Presley. In the coming years perhaps they too will be digitised.

Mar 16, 7pm, £40.25-£43.75, theo2.co.uk.

# Improv musical could fall apart at any time

## INTERVIEW

Performer says not knowing where things will go makes for a dynamic show

Louisa Emery  
@wharf.co.uk

**B**y day Dylan Emery delivers money news as a hard-headed financial journalist but by night he makes things up as he goes along through his award-winning improvised musical.

One of the stars of *Showstopper*, which comes to Greenwich Theatre this weekend, Emery said while he knew how the show would start each night it would be shaped by the audience.

He said: "It is a complete free for all – it doesn't work to try to structure it. It is up to the audience and ourselves to create the story and things naturally come together."

"Originally coming up with the songs was the most difficult thing but now it is more how to make a story that is funny and not too trite or stupid."

"The trick is making the story genuinely epic – you know you have done really well when the audience gasps. If we can get the audience to care then we have done a good job."

The company began improvising Shakespeare and Chaucer with the late legend of the theatre world Ken Campbell. While collaborating they realised that they had a shared love of musical theatre and could have a



*Showstopper's* Dylan Emery, above right, presides over chaos. Below, Ruth Bratt and Adam Meggido

**W** How do you stop it being predictable?

"If it's getting too much like that I will ask the audience for a bit of a curve ball."

shot at translating it into the improv genre.

Emery said: "We started thinking about whether it would be possible to improvise a whole musical and make it look like a written approach."

"We set ourselves an insanely high bar and decided to incorporate a writer as a character in the show. That is the part I play. I know how it is going to start each time but that is it."

"In the early days things would fall apart. There are five of us on stage and if we get stuck the keyboard player just plays a different chord or anyone in a position to rescue the scene will do what they can – what you don't get is nothing happening."

*Showstopper* is a regular feature of the Edinburgh Festival and after Greenwich will be at the Udderbelly at



the Southbank Centre from April 8 to July 1.

After five years on the road Emery said those involved were managing to keep the show fresh.

He said: "We do get recurring patterns – all the big story archetypes happen a lot but actual specifics are never the same. If it is getting too predictable I will ask the audience for a bit of a curve ball."

"When people are totally in the zone there are moments you could replicate and half a dozen songs we could use but it is much more fun to make a different show ever night. The team is on rotation so there is a different cast too."

He said improvisation was enjoying a renaissance in the UK, something that hasn't really been seen since *Who's Line Is It Anyway?*

Now there are a lot of pilots and last year's new TV show *Fast And Loose* featured some of the *Showstopper* cast.

*Showstopper*, Greenwich Theatre, March 10, £15, 7.30pm, greenwichtheatre.org.uk.

## Celebration of electronica ignores past glories

### GIG

Portico Quartet

York Hall

For most of their performance you would have been forgiven for thinking you were watching an entirely different group to the one responsible for Mercury Prize-nominated jazz debut *Knee Deep In The North Sea* in 2007.

This is partly due to a number of profound changes at camp Portico since the band were last in town, including the departure of original hang player and percussionist Nick Mulvey and the arrival of his replacement – the capable Keir Vine.

But, perhaps more importantly, the group's third release marks its foray into electronica.

It was clear from the start of the gig that the quartet intended to embrace this new direction wholeheartedly, creating a wall of sound through which the rhythm led backbone, fed by the excellent Duncan Bellamy and Milo Fitzpatrick, emerged victorious.

And while percussive intricacies and ethereal sounds did make for an interesting performance, it came at a cost to the things that made the group's debut material such a breath of fresh air.

Gone was Jack Wylie's playful and expressive saxophone and the melodic hang themes that appeared



Portico Quartet defy categorisation

on favourites *Zavodovski Island* and *Cittàgasse*. Neither got a look-in at last Wednesday's gig.

The beats and other-worldly textures were temporarily dropped for songs from their second, more traditional release, *Isla*, including a rousing version of *Dawn Patrol*.

A supportive crowd cheered on all tracks, old and new. Although no-one can pigeonhole this quartet as a result of this release, at least some of them must be yearning for the old magic in the next one.

Reef Malak

### Our verdict

Fresh direction lacks old magic

★★★★☆



# What's On

## DVD



**My Week With Marilyn**  
(15) 109mins  
★★★★★

One of the most delightful movies of the last year saw Michelle Williams deliver a knock-out performance as arch-minx and naïf Marilyn Monroe in this true life tale of culture clash and heartbreak.

Williams' other-worldliness as the sex kitten is emphasised when she lands in post-war Blighty to star alongside Laurence Olivier in *The Prince And The Showgirl*.

The shooting of the movie was notoriously difficult with Olivier (a perfect and hilarious Kenneth Branagh) tearing out his locks at the capricious but mesmerising screen icon.

Although the fractured shooting forms the backdrop (with excellent cameos from, among others, Judi Dench), the main story focuses on the unlikely but touching and fleeting liaison between lowly runner Colin Clark (Eddie Redmayne) and the blonde bombshell. Perfection. **GB**



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## Unstoppable Carter sees red as two worlds collide



John Carter (Taylor Kitsch) goes up against the white apes in Andrew Stanton's \$250million epic

### SCREEN

**John Carter**

(12A) 131mins

A lot of bad things will be said about Disney's \$250million epic sci fi adventure.

Most of the bad things will be true but they don't necessarily add up to a bad movie.

The bad elements are frontloaded, like a sampler dish, so you can follow their horrorfulness through the rest of the film.

They are: the bad acting (oh, Dominic West – why?), the ghostly post production 3D, the convoluted geopolitics, the confused motivations, and the lack of charm and magic.

The story is taken from a series of early 20th century novels from Edgar Rice Burroughs (who makes a fictional appearance). He also created Tarzan so is adept at the monosyllabic

hero (and what a thundering dunce is John Carter).

But let's not escape the fact that, from inauspicious beginnings, this film has legs and, in the case of the Tharks, many, many arms.

It is lovingly crafted with immense attention to detail by director Andrew Stanton (*WALL-E*), the visuals are superb and the story somewhere along its 131 minute length, starts to have traction – generally when superstition gives way to spectacle.

This *Boy's Own* tale (filmed in stereoscope by the looks of the 3D) sees the Civil War veteran sent hurtling to Mars where he lands in the middle of multiple conflicts between the Tharks, Zodangans, Heliomites and Therns.

His super strength makes him something of a trophy and the beautiful princess Dejah Thoris – pledged to Sab Than (West) for political purposes – sees the grizzled Earthman as a useful ally in her one-woman rebellion.

There is something of a drinking game to be had in spotting the derivations from classic screen sci fi.

*Star Wars*, obviously. *Cowboys And Aliens*, conceptually. *Superman* for the jumping, *Indiana Jones* for the dusty relics and glyphs, *Star Trek* for the dry, rocky planet stuff, *Avatar* for the tall CGI aliens, *Dune* for the politics, *Lord Of The Rings* for the battles. All a tad ungrateful, perhaps, considering Burroughs' series was arguably the daddy to many of them.

The one that sticks with me is *Flash Gordon* because of the portentous camp and boyish galumphing. That John Carter is played by someone called Taylor Kitsch seems deliciously appropriate.

**Giles Broadbent**

### Our verdict

The right people will learn to love this ambitious but flawed epic

★★★☆☆

## Braff's anguish fest hangs by a thread

### STAGE

**All New People**

Duke Of York's

Zach Braff is not John "JD" Dorian, zany doctor of *Scrubs* fame. This much we know from his thoughtful indie hit *Garden State* in which he showed a propensity, not for pratfalls and antics, but introspection and self-destruction.

Such themes have not evaporated between that debut film and this Broadway transfer – and if that were in doubt the opening scene (the best of the lot actually) provides evidence.

We find the introspective and brooding Charlie hanging by the neck from an electric flex in a Long Island beach house, only saved from



Zach Braff and Eve Myles

a ghastly fate by a fast-talking Brit estate agent (Eve Myles).

From this promising opening, matters descend somewhat into a humdrum and routine to-and-fro between the embittered Charlie, Myles's estate agent, a druggie firefighter called Mylon (Paul Hilton) and a hooker (Susannah Fielding)

whose back stories are briefly but ineffectively told on film.

Lots of themes are raised and then dropped (religion etc) and everyone bellows their pain when faced with some catalyst or other but nothing really hangs together to form any kind of narrative and none of the characters is particularly likeable.

Braff, it seems, jotted down some ideas and then attempted, rather feebly, to link them together.

There are decadent laughs, fine performances and gruesome bits but this black comedy fades to grey and is quickly forgotten.

### Our verdict

Promising and quirky set-up quickly becomes stale

★★★☆☆

## SCREEN



**The Raven**  
(15) 111mins  
★★★☆☆

■ The rather stately figure of US author Edgar Allen Poe is given the *Sherlock Holmes*-type revisionist spring clean and he emerges as something of a dashing action hero in this superior thriller.

The ever dependable John Cusack turns out as the illustrious writer of macabre tales who is drawn into the hunt for a serial killer who is inspired by Poe's darkest works.

A young Baltimore detective (Luke Evans) joins forces with Poe in a quest to get inside the killer's mind, a quest that becomes all the more urgent when Poe's love (Alice Eve) becomes the next target.



**Bel Ami**  
(15) 103mins  
★★★★☆

■ Suave Robert Pattinson creates some dangerous liaisons in Belle Epoque Paris as Georges Duroy who rises through the ranks using manipulation and charm.

Among those formidable women he must conquer are Uma Thurman, Kristin Scott Thomas and Christina Ricci.

His rags-to-bedclothes journey sees the Casanova become a cad and there are plenty of steamy encounters and scandalous trysts along the way.



**Cleanness**  
(15) 108mins  
★★★★☆

■ Sean Bean brings it close to home and near the knuckle as black ops secret service agent Ewan tasked with pursuing and eliminating a terrorist cell intent on targeting London.

With familiar sights, including Canary Wharf, as a backdrop, Ewan is relentless and heartless while suicide bomber Ash reflects on his journey from believer to terrorist.



# Food

## Charming host creates a sense of community

### REVIEW

#### East London Wine School

Tower Hill

The Chamberlain Hotel in Tower Hill (boldly trumpeted on the website of its owner as the flagship of the firm's fleet) is a solidly constructed beast.

Its interior is all dark woods, carpets in slaughterhouse crimson and faux-Victorian tiling in the toilets. Built to last, quality and installed with a budget in mind in (my guess) the mid-'90s.

The years have worn its banisters but there's life left in the fixtures and fittings so they'll be in place for a while yet. After all, the bar is still pulling in hoards of suits.

In the basement lurks the Sovereign Suite and within its walls, which must have played host to countless management training seminars, lurks the East London Wine School.

I'm early; there's no-one about but the table is laid with glasses and numbered place mats. There's a flatscreen TV but, I'm relieved to find, no flip chart.

Shortly after I arrive another attendee wanders in. Perhaps mid-20s, she's been bought an eight-lesson course as a present. She's on her own and this is the final session. "It's been really good," she tells me, "a lovely group."

Two engineers wander in and join us at the table. Introductions are made and the fat is chewed. One of the pair has a wonderful way of ejaculating exclamations buoyed by an enthusiasm I can't even imagine possessing; gosh, goodness, oh wow.

The atmosphere is warm. Many of the pairs of friends and individuals who make up the 20-odd group have been several times and have developed a sense of belonging.

I'm struck by the feeling I've inadvertently crashed an improvised British farce; packed with character.



The Sovereign Suite, pristine before the tasting session

Wine Club. It could be the new Smoking Room.

The man responsible for propagating this sense of community is our host for the evening, Ian Bentley. Infused with a great enthusiasm for his subject, he disseminates a charming blend of information, banter and, of course, wine.

Before we get to the three fizzers and sweet wines on the menu, a smooth American member of the group has brought along an East Coast bottle.

It's not to all tastes, someone wryly remarking that the gunpowder in its name is echoed by a sharp explosion in the mouth, but the extra glass demonstrates something about these sessions. What better measure of success than when the participants take it upon themselves to bring wines along for general appreciation?

Next come prosecco, champagne and an

English sparkling wine from Kent. We're encouraged to give out opinions.

Unadvertised snacks are provided to give ideas for matching. Then the process is repeated with the sweet offerings: a terrible rose, a standard Sauternes-style and a completely sublime Orange Muscat.

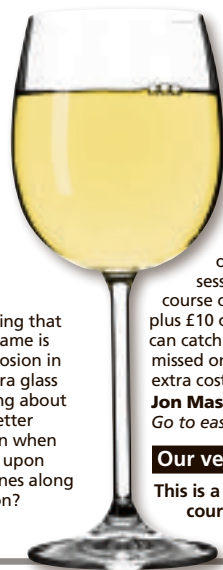
It's an excellent evening for those keen to go beyond shopping by price. East London Wine School offers a range of courses. Individual sessions are typically £25. A course of eight lessons is £105 plus £10 on the night. Attendees can catch up on sessions they missed on future courses at no extra cost.

**Jon Massey**  
Go to [eastlondonwineschool.com](http://eastlondonwineschool.com)

### Our verdict

This is a perfectly pitched course for beginners

★★★★★



## Welshcakes fly off the shelves

CANARY Wharf went Celtic crazy last week when Waitrose sold record numbers of welshcakes.

Small family-owned company, Tan Y Castell, based in south-east Wales, had to ferry in more produce after the store at Canada Place mall shifted its average yearly sale of the delicacies in just two days.

The unprecedented demand coincided with a marketing push of Welsh produce last Thursday to mark St David's Day.

Lori Whinn, of Total Food Marketing, which ran the promotion, said: "We sold 800 on Thursday and Friday alone. It's been a mix of



Penderyn's Welsh whisky at Waitrose

people buying them. Many have been brandishing Welsh credentials and saying their grandparents are from there but the profile of people has really been all sorts."

Other produce being peddled included Tregroes toffee waffles, organic flour from Bacheldre and Tynant mineral water. Brains beer was also on offer as well as Penderyn whisky branded as being made by Wales' only producer.

"Although whisky is better known elsewhere it was a man from Wales who went to America to show them how to make bourbon," said Lori.

**Rob Virtue**

## You'll feel like away off the

Ring flinging aside, **Louisa Emery** finds a delightful

### REVIEW

#### Le Cafe Du Marche

Smithfield

As the perfect setting to coo and squeal over an old friend's sparkling new engagement ring, Le Cafe Du Marche definitely fitted the bill.

The cute French bistro had all the ingredients – intimate tables, rustic charm and a well positioned bread basket to catch the bling when it slipped through my fingers while taking a closer look in the ambient candlelight.

The interior designer has clearly done their homework – so much so that you could easily imagine you were dining somewhere just off the Champs Elysees instead of tucked away at the bottom of a flagstone alley, a hop and a skip from Barbican Tube.

The charming setting was improved further by the gentle plonking of the double bass in the centre of the room.

The food is French but with a twist – other continental influences and creative flair make for an intriguing menu to suit a variety of palates.

The chef almost peaked too soon – our starters were the most memorable of the three courses – the smoked salmon special was delightful and the sauté of Jerusalem artichoke with wild mushroom and poached egg had a beautiful balance of rich textures and refined flavours.

Both opting for fish mains, the dishes delivered just missed the mark set by the first course.

The cod lacked the flavour of the starters and the salmon was floating in a pool of oil. Fistfuls of perfectly



**W** What was the best part of the meal?

"The chef almost peaked too soon – our starters were the most memorable of the three courses."

cooked French fries and a crunchy green salad helped to redress the balance, however.

Portions were the perfect size





# e you're tucked Champs Elysees

al place packed with Gallic flavours and ambient candlelight



to allow for three courses quite comfortably and having managed to avoid the temptation of the cheese board, a layered chocolate mousse and passion fruit cheese cake were the perfect excuse to sidestep any conversations concerning staying trim for the wedding day.

Service was attentive without being overbearing and the recommended wine an unfamiliar choice and well suited to our meal.

The menu changes every five weeks and prices are reasonable – two

**Le Cafe Du Marche is big on intimate tables, pretty potted plants and subtle service**

courses for £28.50 and three for £34.85 making this restaurant a great option even when you don't have something to celebrate.

*Le Café Du Marché, 22 Charterhouse Square, Charterhouse Mews, Smithfield, London, EC1M 6DX, 020 7608 1609, cafedumarche.co.uk.*

## Our verdict

**The charm of this place is its atmosphere and decor**

★★★★☆



Is Ed Balls the most humourless man in politics? Spiral Notebook / Page 54

Read on »

## REVAMP

### Exotic meat specialist

★ Organic wine and a host of new meat dishes have made it onto the new menu at Greedy Cow.

The Mile End restaurant, which claims to be east London's only specialist in exotic meat, recently re-opened with a new look.

Owner Reg Singh said: "We now have a lot more steaks on the menu as well as crocodile, wild boar, bison and ostrich."

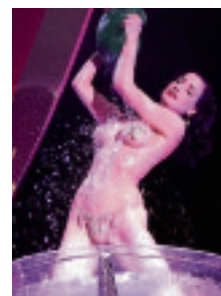
"We change the exotic meat each month – March is springbok. We started selling the meats because we wanted to be different."

Vegetarians are also catered for with a new dish featuring butternut squash stuffed with roasted Camembert and leeks.

The interior has also been overhauled with a new colour scheme and artwork by local artists.

The Greedy Cow is open seven days a week.

Go to [greedycow.com](http://greedycow.com).



Von Teese performs her martini glass routine

## ENTERTAINMENT

### Proud to get a glass act

★ A Dita Von Teese-style martini glass act will be a regular feature of a new *Mad Men*-themed series at Proud Cabaret.

The vintage supper club, which hosts a variety of glamorous live acts launched a new cocktail hour last week. After Work Affair runs every Wednesday to Friday at the City venue from 5-7.30pm.

Burlesque artist Miss Banbury Cross will be performing in the glass. Go to [proudcabaret.com](http://proudcabaret.com).

GETTY

## FESTIVAL

### Craft ales and fine ferments

★ The beer festival at Wetherspoons in Canary Wharf returns next week.

The Ledger Building on West India Quay starts the 19-day festival on Wednesday, giving drinkers the chance to sample 50 cask-conditioned beers from across the world.

Pub manager John Wall said: "The festival will give people the opportunity to enjoy a superb selection of UK and international beers."

"Many of the beers on offer have not been available in the pub before and I am looking forward to serving them."

"The festival promises to be great fun and I am certain that customers at The Ledger Building will enjoy themselves."

Ales from Russia, South Africa, Norway, USA and Belgium will be on offer, as well as a host of UK beers. All beers are priced at £2.65 a pint.

Go to [jdwwetherspoon.co.uk](http://jdwwetherspoon.co.uk) for more information.



## BECAUSE SHE DESERVES IT!

Treat Mum to the ultimate Mother's Day lunch at the London Marriott Hotel West India Quay. We deliver on every detail to make her day more memorable. It's exactly the reward a top-notch Mum deserves.

## Enjoy a 3 course meal for £28 per person including a gift for Mum

For more information or to book a table please contact us on 0207 517 2802 or email [curve@marriott.com](mailto:curve@marriott.com)

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22 Hertsmeere Road, London, E14 4ED  
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**Marriott**  
LONDON  
WEST INDIA QUAY

Mother's Day lunch is served between 12PM-3PM on Sunday, 18th March, 2012

# Comment

## GREEN LIVING

By Andrew Williams

### How to make events more sustainable

The UK's events industry descended on east London this week with the annual Confex show held at ExCel.

I apologise if your daily DLR ride has been interrupted by excitable venue representatives and groups of eager young team builders.

It's a great opportunity for the industry to discuss recent trends and also a real coup for the Custom House venue to have won the show from Earl's Court.

As you might imagine, sustainability has a role to play in the future of the events industry.

With the summer Olympics on everyone's minds, the green games are not just an aspiration for agencies and clients, they are also an opportunity to show the world what we in the UK can do.

One session at Confex will look at how a zero-waste approach can become a reality for events.

This sounds like an ambitious goal, and of course the first



thing to mention here is that we are talking about zero waste to landfill rather than some theoretical event with no waste at all.

Industry colleagues have been working with action group Wrap to devise a roadmap for how the UK events industry can reduce waste.

This has implications not just for large events with tonnes of waste where avoiding landfill fees will have a tangible financial benefit, but also smaller events looking to reduce their costs and underline their green credentials.

Events can seem frivolous or fly-by-night.

The challenge is to show that a sustainable approach will not only save money but also improve the experience for guests as they join us from around the world.



Do you or your company have an environmentally friendly product or service you'd like featured in the column? Let us know by contacting Seventeen, a sustainable alternative for your event management needs, at andrew@seventeenevents.co.uk

## We take poll fraud claims seriously

In recent weeks, a newspaper has published some lurid claims about alleged electoral fraud in Tower Hamlets. Let's be absolutely clear, we take any such claims very seriously indeed.

Following complaints of voter fraud in the 2010 General Election, investigating police failed to find a single case in our borough.

Council officers vigorously check any suspicious registrations and take people off the electoral register where deemed necessary. We must be careful that we do not turn people off from the democratic process by



avoiding some of the unsubstantiated claims that have appeared.

Since being elected mayor, I have stood shoulder to shoulder with leaders from all religious faiths, with the LGBT community and residents from all walks of life in our cosmopolitan borough in preventing far

right extremists from the English Defence League from tramping their way through the East End as Mosley and his Black shirts did in the '30s.

Sadly, the racists feed from, and re-print, much of the dangerous nonsense that is being promulgated in some quarters that somehow my administration is "Sharia law fringed" or "Islamism-lite".

My religion is a private matter. But the kind of society I want to see mirrors that envisaged by Prince Charles, where no one particular religion has hegemony; instead we have a community of faiths.

## This insult cannot stand

The Jubilee Greenway, probably the finest of all the Greenways IMO, passes by Spiral Towers, my ancestral home.

Many months ago the rather fetching tiles became a feature of the pavements hereabouts.

Next to one of them, for the delight of ambling tourists, is another typical East End street furniture feature – a broken manhole cover. For many months it enticed the blind and disabled to impale themselves upon the jagged pipework beneath but then bollards were dumped in by way of remedy.

I rather feel that the proximity of one to the other is tantamount to treason. There will be consequences.

## Princely nosh

Waitrose excelled with its Welsh day. Here at *The Wharf* we guessed Welsh rarebit, laverbread, lamb and leeks and then we were stumped. BTW Is Milk Wood food or drink?

We admire the pluck and tenacity of the Wahaca van which continued to ply its trade despite the compromised environs of Canada Square Park.

Where once its terrain was packed with the hungry, wild and excited, there was but a patch of brown the colour of refried beans.

But now the field back to its best, the van can reap its hard won harvest of hungry Wharfers.



The Queen unveils the Jubilee Greenway outside Buckingham Palace



## Smashing bank

I am about to be downgraded. In the next few days I will be a lowly Barclays Platinum account holder.

Nothing has changed. The same money's going in, the same money's coming out. I don't have to do anything either.

It's all rather pointless – except for the main point. Bob Diamond hasn't told me recently how much he hates me so he thought he better get a wiggle on. That's how they roll in Churchill Place.

## Ed keeps a straight face

Is Ed Balls the most humourless man in politics? His appearance with the Mile End Group was fascinating and he displayed a vast intellectual grasp of economic history.

But there was rarely a glimmer in those wide eyes even at this chummy and uncontroversial event.

"Picture the scene," said one questioner. "Prime minister Cooper appoints you Chancellor and you make your way to No.11..."

The question found no truck with the Shadow Chancellor. "Multiply implausible," was his verdict, which raised a laugh among the crowd but not in the belly of the teller.

## WORKING MUM

By Tabitha Ronson

### Party reject? I felt sick for my boy

I was hanging up Master A's coat on his peg at drop-off on Monday when a mum of one of his classmates asked me whether we were going to Harry J's party.

I remained mute and, assuming the answer was "no", the mum proceeded to fill in the blanks as to why we weren't attending.

"Oh, you can't make it. You're not around at the weekend? What a pity. It looks like it's going to be so much fun for the children..."

In truth, Master A hadn't received an invitation.

I felt physically sick. On the Tube ride into work all I could think about was Harry J's fourth birthday party, how my son hadn't been invited and how he would feel the next school day after the party when all his chums would be talking about what went on.

My emotions were all over the place, like the spin cycle of a Hotpoint Aqualtis. I didn't understand how Harry J's mum could be so mean.

I've always found her somewhat aloof but I never believed she was capable of cold-hearted cruelty.

I fumbled around in my mind for excuses as to why he wasn't invited but drew a blank. I couldn't even work with the easiest one – "probably down to numbers" – as there are only 11 in Master A's class.

I tried to think if I had done anything to offend her. The last conversation I had with her was back in the early part of February when I wished her and Harry J a good skiing trip. Was I being too pushy; too forward for her liking?

In this state of angst is how I spent the remainder of my day.

It's a strange feeling being a mum. There's one state-of-mind reserved for me, one state-of-mind reserved for Master A. I wouldn't care a jot if I was left out of something, my son experiencing this – now that's another issue. Perhaps coating him – or me – in Teflon could be the answer.

Master A's teacher handed me an envelope at pick-up that evening, "This should have gone in the bag yesterday."

An invitation to Master A from Harry J to attend his 4th birthday party...

Working mum recognising how utterly neurotic she is.

## Listmania Expensive coins

The Double Eagle was on display this week so we thought we'd have a root around the back of the sofa

- |   |  |   |  |  |
|---|--|---|--|--|
| <p><b>1</b></p> <p><b>Double Eagle, \$7.5m</b></p> <p>The first 90 per cent gold double eagle was minted in 1849 and they remain rare as they were recalled and melted in the '30s.</p> | <p><b>2</b></p> <p><b>Flowing hair dollar, \$7.85m</b></p> <p>The first dollar coin issued by the US federal government. The coin was minted in 1794 and is based on the Spanish dollar.</p> | <p><b>3</b></p> <p><b>1804 silver dollar, \$4.14m</b></p> <p>This dollar, of which just 15 specimens are known, is divided into "Classes". Some can trace their lineage to the King of Siam and the Sultan of Muscat.</p> | <p><b>4</b></p> <p><b>Rare Edward III, \$6.8m</b></p> <p>A rare medieval gold coin that in circulation around 1343-1344. The one that was sold for \$6.8million is only the third known surviving version.</p> | <p><b>5</b></p> <p><b>Queen Elizabeth II, \$4m</b></p> <p>The world's largest gold coin (100kg) was minted by the Royal Canadian Mint with the Queen on one side. It has a face value of \$1m and is 99.999 per cent gold.</p> |
|---|--|---|--|--|

Join in the debate online via our Twitter and Facebook sites or add your comment at wharf.co.uk updated every working day with breaking news and views





# Living

## Turning life's challenges into bite-sized chunks

### LIFE COACHING

We send **Louisa Emery** to talk through her problems with a life coach to see if the process will help

**W**ouldn't it be wonderful if someone could wave a magic wand and sort your life out. Sadly life coaching isn't quite that simple but if you are prepared to step outside your comfort zone, Alastair Hill from Docklands Medical Centre believes you can certainly start to get things back on track.

He said: "The coach's role is to be challenging, to try to be objective and to ask the questions friends wouldn't ask."

"I am not here to advise but to help improve. It is about achieving your goals in the short term and applying the thinking to how you live your life so it becomes a habit."

"We set three objectives of what we want to achieve – it is about planning small steps rather than gigantic ones and a life coach is here to support you."

I admit I was slightly disappointed to learn that one session was not going to result in a complete overhaul of my life and that Alastair did not have all the answers, but that would have been asking a lot of 55 minutes.

Before my meeting I had filled out a questionnaire rating the areas in my life I was most dissatisfied with out of 10, so I was pretty sure of what we would focus on.

As it turned out, the areas I had thought needed most work were not the ones revealed as a priority after an in-depth chat with Alastair.

He had caught me in the middle of a housing crisis but three long term and less obviously remedied issues were the ones we decided to concentrate on.

Alastair uses various tactics including visuali-

**W** What does it cost?

"I'm not here to advise but to help improve. It is about achieving your goals in the short term."

**Alastair Hill**  
Life Coach



sation and conversation to break down his clients aims.

His method of turning my problems into bite-sized issues with catchy names did make them appear less intimidating.

At the end of the session I felt ready to take on the world, totally inspired and confident I would crack my goals within the six-month deadline we had set.

A month on and I have to admit I haven't really made any changes – life just seems to get in the way. Alastair usually sees clients between fortnightly and monthly to keep up the motivation. I can see why. Perhaps I just need a top-up.

A 55-minute life coaching session with Alastair costs £85.

Go to [thedocklandsclinic.co.uk](http://thedocklandsclinic.co.uk).



One of the firm's trial runs

Get home and fit by jogging with a crowd

★ Fed up with travelling to work jammed into a stranger's armpit or just fearful of transport chaos during this summer's Olympic Games?

A new scheme, which launches on Monday, aims to provide an alternative. With four routes from Canary Wharf, Home Run has been created to get people home from work without the stress of commuting and into better shape.

The firm operates free guided runs from the office and will even carry your bag to the destination.

Routes are limited at the moment – Canary Wharf workers can run to London Bridge, Waterloo, Stratford and West Ham – but there are plans to expand.

Home Run's founder Diccon Loy said: "Our initial trial runs showed people really wanted to get fit while they got home, to socialise and be safe doing it. Saving time and fitting it all in their daily routine is a big draw."

"We are open to everyone from seasoned marathoners to people who've never run in their lives and often members find themselves running further than ever before because they've been chatting."

To sign up go to [homerunlondon.com](http://homerunlondon.com).

**Louisa Emery**

after work exercise

## Q&A

**I desperately want to lose weight but am at a loss as to where to start – I never have any time. Can you help?**

First of all, think about where you can find just 20 minutes to exercise.

If you're a morning person, setting your alarm a bit earlier will work, otherwise exercise as soon as you've finished work to prevent fatigue setting in.

You could also find a willing exercise buddy in the form of a colleague and get it over with at lunch.

As for your diet, cutting calories is the most effective evidence-based way to lose weight.



## FITNESS WITH LAURA WILLIAMS

### Get the look: Salma Hayek

**T**he star of *Puss In Boots* likes to take a stringent approach to cutting back when she's overindulged.

**How she does it:** "I've been doing juice cleanses for 15 years," said Salma. "If I've been indulging in rich foods, a cleanse is a wonderful way to hit the reset button."

**Do it for yourself:** If you're looking to whittle away the last of those residual winter pounds, you could take a leaf out of Salma's book but a juice cleanse on its own is a bit excessive.

Let's face it, who wants to tackle a commute, a day at the office, a lunchtime workout and a busy family life on a liquid diet? No thanks.

But you can take the bare

## »Tip of the week

**Befriend the breakfast:** Skipping breakfast is a false (waistline) economy. A study found it tricks your brain into thinking you want higher cal foods later on. Cue mid-morning pig out.

essentials of any detox and still get good results (a rise in energy and weight loss).

Keep it simple, follow these

suggestions and remember this is very short term:

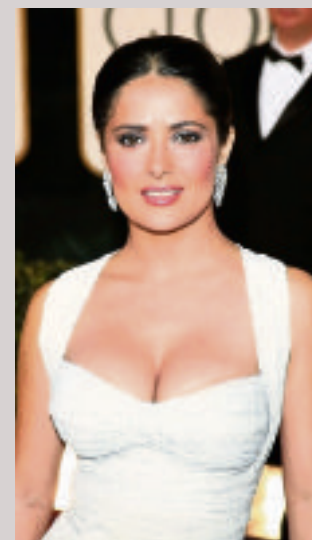
■ Ditch the alcohol. Not even your bare minimum units are allowed. Try and have at least five booze-free days on the hop.

■ Try getting your protein intake mainly from tofu and pulses and a little fish.

■ Keep caffeine to a bare minimum or at least keep it pure – opt for black Americanos over vast lattes.

■ Ditch highly refined carbs – make it a week to discover wild rice, quinoa and sweet potato instead. Lay off the pizza, pasta, naan and ciabatta.

■ Aim for your five-a-day every day. Get as many brightly coloured fruit and veg into your diet as possible.



Go to Laura's website at [laurawilliamsonline.co.uk](http://laurawilliamsonline.co.uk), email questions to [laura@laurawilliamsonline.co.uk](mailto:laura@laurawilliamsonline.co.uk) or follow @laurafitness on Twitter

# Focus Private schools

## Pioneering methods still have a resonance today

### GATEHOUSE SCHOOL

Gatehouse School is an independent co-educational school for girls and boys aged three to 11 and is part of the Independent Schools' Association.

The school was founded in May 1948 by Phyllis Wallbank, a pioneer of educational development and was established in the gatehouse of St Bartholomew of the Great Priory Church, West Smithfield.

The school was then a pioneer of much that is now generally accepted in education.

Gatehouse's policy is: "Children of any race, colour, creed, background and intellect shall be accepted as students and work side by side without streaming or any kind of segregation, with the aim that each child shall get to know and love God, and to develop their own uniqueness of personality to enable them to appreciate the



**Inspiration: Phyllis Wallbank**

world and the world to appreciate them."

Gatehouse is now located in Sewardstone Road close to Victoria Park, where it continues to follow the education philosophy of Phyllis Wallbank.

Mrs Wallbank was a friend and professional associate of Maria Montessori. Gatehouse Nursery uses some of the Montessori methods which help develop a child-centred ethos

and this continues in the lower years of the junior school.

Head teacher Belinda Canham recently told parents: "Last summer I wrote of our successful year and felt Gatehouse was now very well established.

"This year the inspectors called to see if it was so. They indeed did find it so and judged us as outstanding in every area, these being 'Teaching and Learning', 'Pastoral and Welfare',

'Spiritual, Moral and Cultural', 'Governance, Leadership and Management', 'Premises and Accommodation' and finally 'Links with Parents and the Community'.

"They found us to be compliant in all regulatory matters on their first visit which I am told only 17 per cent of schools achieve.

"Indeed a report of this calibre is considered to be rare."

Go to [gatehouseschool.co.uk](http://gatehouseschool.co.uk)



## Gatehouse School

**GATEHOUSE SCHOOL** is an independent co-educational school for girls and boys aged 3 to 11. We are part of the Independent Schools' Association and of the Independent Association of Preparatory schools, both of which are members of the Independent Schools' Council.

The school has a happy, caring and supportive learning environment. We aim to develop and encourage each child's ability. Gatehouse has a team of dedicated and well-qualified teaching staff, as well as an experienced team of support staff. Their dedication and enthusiasm allows us to offer a broad academic and extra-curricular programme that is highly valued by the parents of our pupils.

Every year we send pupils on to City of London Girls and City of London Boys, Forest and Bancroft's often with scholarships.



**Address:**  
**Gatehouse School**  
**Sewardstone Road, London, E2 9JG**  
**Telephone: 02089802978**

Email: [admin@gatehouseschool.co.uk](mailto:admin@gatehouseschool.co.uk)

Ages: 3-11

Cost : Nursery £2,325 per term;  
Lower Juniors (Reception, Year 1 & 2)  
£2,710 per term;  
Upper Juniors (Year 3 to 6)  
£2,860 per term

Website:  
<http://www.gatehouseschool.co.uk>

Headmistress: Mrs Belinda Canham  
JP BA (Hons) PGCE (Froebel)



## League tables cannot capture an education

### BROMLEY HIGH SCHOOL

**Louise Simpson**  
Head, Bromley High School

It is a great shame that, at a time when employment opportunities are scarcer than ever and the competition for places at the best universities and in the world of work is more challenging than ever before, the world of education is being judged more and more on "quantifiable" measures that can be published in league tables.

The problem with league tables, as any parent who has ventured to look at them will know, is that they compare apples with oranges and, hence, they are not able to do so effectively.

However one feels about factors which are measured in a comparison table, it is easy to lose sight of what schools should really be about - education.

Education should be a broad term, a process that equips school leavers with the ability to make decisions for themselves, to think outside the box, to be articulate, confident, to know their own minds and be able to problem solve, to aspire to improve, take risks and communicate.

However hard the Department for Education tries, I am afraid that it is very difficult to design a qualification that tests and measures



these skills and attributes and yet these are clearly what employers are looking for.

It is not uncommon to hear potential employers despairing at newly employed graduates whose attention span falters after about 10 minutes.

They can lack the skills to concentrate, engage with a task in a meaningful way or be too flighty to stick to anything.

They may be able to multi-task well enough, but struggle to think in depth or consider a really meaty problem. Of course, this is a huge generalisation, but there is much that is true in these observations.





**Bright sparks: Students at Bromley High School are surrounded by an all-encompassing education**

Every day, though, at Bromley High School, I am reminded that the vast majority of our girls, surrounded by an all encompassing education that really does stretch and challenge them, whatever their skills, interests and weaknesses, do have these skills and are developing in far more valuable and valued ways than a modular GCSE or A level examination might measure.

They are curious, they have humanity and they are confident to perform in front of an audience or a panel of judges.

From the Year Two girls who asked a very important visitor in school with a bandaged finger recently "was there a lot of blood?" and "could you see the bone?" to a member of Year 11 winning a south east regional public speaking prize.

Each day I am privileged to share my working life with these girls, and what wonderful, sparky and independent individuals they are.

In a school which values them and their contribution as individuals, not the number of half course GCSEs that they attempt, they can thrive. And they do so without us being hindered by what a league table might say about them.

If you would like to see what a difference being in a system which is not constrained by the National Curriculum or driven by league table rankings might make to your daughter, please come and see us at our Open Events May 14 and September 29 2012.

We would love to meet you, whether you are an apple or an orange!  
Email [admissions@bro.gdst.net](mailto:admissions@bro.gdst.net).

## One of the most crucial decisions you will make

**T**he decision to have a child educated privately is one of the most important decisions a parent will make.

And today, in this ever-increasingly competitive society, it's a choice that many more parents are making – even placing themselves in financial difficulties to cover the investment.

So what are the benefits of opting out of the state system in favour of a private education?

### Smaller class sizes

Most parents are concerned about class sizes especially the amount of individual attention their child will receive. In the UK, the average class size in a private school is between 10 and 15. In a state school this figure jumps to between 30 and 35.

A lower student to teacher ratio allows for more one-on-one tuition. Smaller classes enable a teacher to monitor a child's progress more easily so if a child does not understand a mathematics module or grasp a grammatical issue this should be spotted and remedied quickly.

Small classes mean that teachers are able to develop a full understanding of how each student learns and what interests and motivates each individually.

### Broader education

With a private school, parents can choose an establishment where the approach to teaching, philosophy, and values matches their own ideals and ethos.

Most private schools focus on teaching a child how to think, as opposed to teaching them what to think. Subjects are taught with a more holistic approach and often in a more creative and inventive way.

The curriculum in a private school is often more balanced with a belief that academics, sports and extracurricular activities play a crucial role.

Students are encouraged to take part in community projects and given the opportunity to broaden their horizons through overseas excursions. Most private schools aim to create confident, free-thinking rounded individuals.

### Results

Most pupils who attend private schools outstrip their state school counterparts at all stages of education from Key Stage 2 targets to GCSE and A-levels.

According to the Independent Schools Council, in August 2010 half the A-levels taken by pupils at private schools were graded A or A\*. While according to recent data pupils studying at private schools are twice as likely to take traditional A levels – favoured by elite universities – such as maths, physics and chemistry than their state school peers.

Recent figures reveal that 95.9 per cent of pupils leaving independent schools went on to higher education in 2010.

### Discipline

Unlike in the majority of state schools, discipline in private schools is not usually a problem. The codes of conduct by which most private schools operate usually foster respectful, well-disciplined and well-mannered pupils.

Most parents who send their children to private school expect their children to face consequences, to be disciplined, if they misbehave or break the rules.

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# Images



1

A goldsmith crafts a chain at a jewellery workshop in Myitkyina.

REUTERS  
Staff picture  
BRITAIN

2

Cars pass by the Moscow International Business Center.

REUTERS  
Anton Golubev  
RUSSIA

3

The Dominican army takes part in a parade marking the country's independence.

REUTERS  
Ricardo Rojas  
DOMINICAN REPUBLIC

4

A model wears Corrado de Biase at Paris fashion week

REUTERS  
Gonzalo Fuentes  
FRANCE





# the Road

With one eye on the speedo and the other on the open road



## CONCEPT CAR

# Soft top Range Rover unveiled

Evoque 'lends itself beautifully to the idea of a convertible' says design director

Chris Russon  
The Wharf

**A**n open top Range Rover Evoque will be revealed at the Geneva Motor Show this month as a concept car but this could pave the way for Jaguar Land Rover to develop the world's first premium convertible SUV.

The new take on the firm's top selling model – built at Land

Rover's Halewood factory on Merseyside – is a four seat luxury car with a drop down tailgate creating a completely exposed interior.

Already the Evoque has become Land Rover's hottest property picking up more than 90 international auto awards since its launch in the middle of last year.

Land Rover design director Gerry McGovern said: "The Evoque lends itself beautifully to the idea of a convertible. This study is not a traditional convertible design execution – instead we have worked with the balance of the Evoque's lines to retain its distinctive shape and create something that is unique. We believe that this car is highly desirable."

**3**  
Number of doors the concept convertible boasts

Based on the three-door Coupe, the convertible is a soft top which Land Rover said was rigid enough to make it as capable off-road as the hard top model.

With additional roll-over protection for occupants, the concept is fitted with the company's electronic Terrain Response drive system and includes an eight-inch dual view touch screen with a sound system from British audio specialists, Meridian.

The concept sits on 21-inch Titan silver wheels and is finished in a new metallic Causeway Grey paint.

The interior is in Lunar and Ivory with leather seats featuring sporty perforated panels with ivory contrast stitching.

The Range Rover Evoque convertible concept car



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The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.4 (13.2) - 56.5 (5.0). Extra Urban 37.7 (7.5) - 76.3 (3.7). Combined 29.4 (9.6) - 67.3 (4.2). CO<sub>2</sub> emissions (g/km) 224 - 110. Retail sales only on selected Mazda stock across the range while stocks last, subject to availability at participating dealers only on vehicles registered between 8 February 2012 and 31 March 2012. Mazda2 0% VAT offer not available in conjunction with any other offer. \*0% VAT saving is the equivalent to 20% VAT applied to original base price and includes dealer contribution. The 0% VAT saving excludes road tax, first registration fee, dealer fitted and factory fitted options, VAT at the current rate of 20% still applies to the discounted price. 6.9% finance available on all Mazda vehicles. 0% APR available on Mazda Conditional Sale on selected Mazda3 and Mazda6 models with minimum 30% deposit. Services RHT ISR. Models shown: Mazda2 1.3 5dr Tamura, OTR price £10,005 with a VAT saving of £1,990. Mazda3 1.6 5dr Takuya including free of charge near-reflect paint. OTR price £13,947.50 with a VAT saving of £2,752.50. Mazda6 2.2 5dr TS\* including free of charge near-reflect paint. OTR price £18,207.50 with a VAT saving of £3,607.50. Mazda2 and Mazda6 models shown feature optional Mica/metallic paint (£450). Test drives subject to applicant status and availability. Details correct at time of print.

## Dear reader,

There are now just a few weeks to go before most homes in Greater London and parts of the Home Counties start their switch to digital TV on **4 April**.

For anyone who has Freeview services\* or an old analogue TV there are two important stages to remember:

### **4 April – Switchover stage one:**

The switchover begins. Analogue BBC Two will be switched off permanently and the higher powered BBC digital services will launch. All Freeview TVs and boxes will need to be re-tuned on or after this date.

### **18 April – Switchover stage two:**

The remaining analogue channels will be switched off and the rest of the digital services launched. All Freeview TVs and boxes will need to be re-tuned again.

Your switchover dates depend on where you live. To check your dates, enter your postcode at [digitaluk.co.uk/postcodechecker](http://digitaluk.co.uk/postcodechecker) or call 08456 50 50 50. Switchover makes Freeview available to virtually every home, including those that can't currently receive it, as it allows the digital signal to be strengthened and transmitted for the first time from the local relay transmitters.

Most homes will be able to receive more than 40 channels and some will receive around 15. It will also provide additional services such as audio description for viewers with disabilities. Homes that have satellite or cable on all their TV sets will not need to do anything.

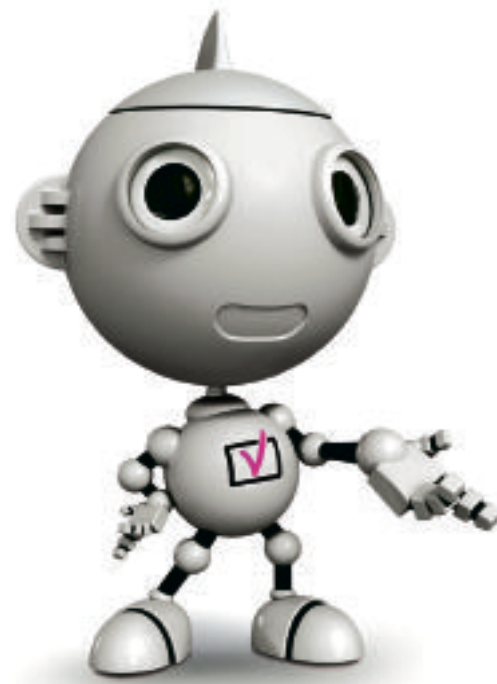
**If you have questions go to [digitaluk.co.uk](http://digitaluk.co.uk) or call 08456 50 50 50.**

Thank you,



**Deborah Bain**  
London Manager  
Digital UK

**Call 08456 50 50 50  
or visit [digitaluk.co.uk](http://digitaluk.co.uk)**



**get set for digital** 

\*Includes BT Vision or Top Up TV equipment.  
Calls are free for BT customers within inclusive calling plans. Call charges from other providers may vary.



# Get set for switchover

With just weeks to go until the first analogue TV signals are switched off in London and parts of the Home Counties, The Wharf has teamed up with Digital UK to provide readers with this special guide to digital TV switchover.

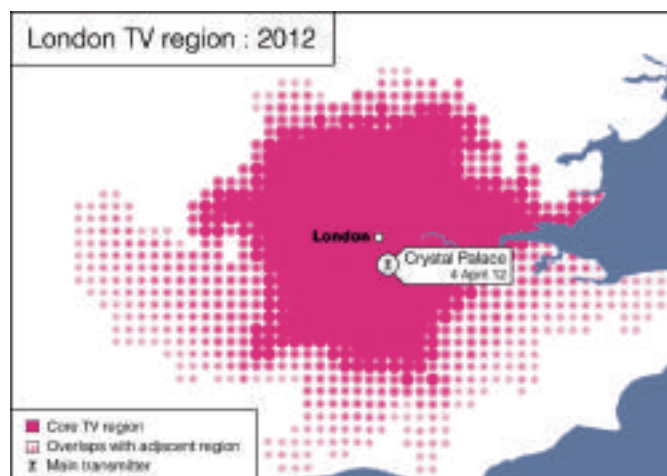
## What is switchover?

**Digital TV switchover is the biggest change in television since the introduction of colour. Analogue signals are about to be switched off and replaced with new digital services. This will make Freeview available for the first time to thousands of homes watching local 'relay' transmitters in areas such as Finchley, Forest Row, High Wycombe and Sevenoaks.**

Digital UK is the independent organisation set up by the broadcasters to lead the switchover. It provides an advice line and website to help with general questions about getting digital TV and preparing for the switchover.

Deborah Bain, Digital UK's London Manager, says: "Switchover in London

and the Home Counties will be the biggest in the UK, and will change how television is broadcast forever. I'm delighted that viewers across the capital and beyond, who have previously been unable to get Freeview services, will soon be able to do so. Most people are well prepared; but for those who still have questions, we are here to help."



## How will switchover happen?

Switchover will happen in two stages. If you currently receive your TV signal through an aerial, in either analogue or digital format (e.g. Freeview, Top Up TV, BT Vision), you are probably served by the Crystal Palace transmitter group, which switches on the dates below. Televisions connected to a cable or satellite service are not affected.

### Stage one – 4 April 2012:

In the early hours, analogue BBC Two will be switched off and replaced with a new digital signal. Local 'relay' TV transmitters will also start to broadcast the BBC's other digital channels for the first time.

Readers switching to digital for the first time via Freeview, Top Up TV or BT Vision will now be able to set up their equipment. Homes already watching these services should retune their digital boxes or IDTVs.

For viewers still watching analogue, ITV1 is likely at this point to move to button 2 on your remote control, where BBC Two used to be.

### Stage two – 18 April 2012:

All remaining analogue channels will be switched off and replaced with additional digital services. Everyone watching Freeview, Top Up TV or BT Vision will need to retune their equipment again to receive all available channels.

On both dates, these changes will happen overnight. For most viewers, services will be restored by the morning. Households receiving their TV signal from local relay transmitters will receive new digital services later in the day and should tune in for the first time or retune from this point.



• GET SET FOR SWITCHOVER • GET SET FOR SWITCHOVER • GET SET FOR SWITCHOVER • GET SET FOR SWITCHOVER



The Switchover Help Scheme helps 'those most in need to switch to digital television'

## The Switchover Help Scheme

Thousands of people in the London TV region have already taken up help from the Switchover Help Scheme. Run by the BBC under an agreement with the Government, it's an official scheme which makes switchover easy for older and disabled people by giving practical help to switch one TV in their home.

**People are eligible for the Help Scheme if they are:**

- aged 75 years or over;
- eligible for attendance or constant attendance allowance, or mobility supplement, or disability living allowance;
- registered blind or partially sighted;
- or have been living in a care home for six months or more.

If you're eligible, you will be offered equipment that's easy to use, delivery or installation and a demonstration of how to use it, together with a choice of options. We will also check your aerial and upgrade it where we can, if it's needed. There is a freephone number to call for help while you get used to things.

Most people will be asked to pay £40 towards

the standard offer of help. For eligible people on income-related benefits, it's free. Eligible people can also choose from a range of other Help Scheme options, sometimes at a higher cost.

If you know an older or disabled person who might still need help to switch to digital TV, you could lend a helping hand and give them the message about the Switchover Help Scheme. Even if they have digital TV already, they can get help to switch another TV set in their home.

All you need to do to get the help is respond to the information pack which has been sent to every eligible person's home. But you must respond to get the help. The Help Scheme will close for applications in the London TV region on 18 May 2012.



## How to retune

Viewers watching Freeview, Top Up TV or BT Vision will need to do a full retune of their equipment at both stages of switchover in order to continue receiving services. You should retune from time to time in order to keep your Freeview box up to date. Sometimes channels move around – so if you should lose access to several channels, try retuning to restore them.

To do a full retune your Freeview, Top Up TV or BT Vision equipment, follow these steps (these instructions are a guide only – each product works slightly differently).

1. Make sure your Freeview TV or box is on and in digital mode. Press 'menu' on your remote control.
2. Select the 'set up' or 'installation' option. If you see picture icons, select the tool box, satellite dish or spanner.
3. If you are prompted for a code, try 0000 or 1234.
4. Select the full retune option. This is sometimes called 'first time installation', 'factory reset', 'default settings' or 'shipping conditions'. Do not select 'channel update' or 'add channels'.
5. Press 'OK' if your equipment asks if you want to delete all your channels, don't worry this is normal.
6. Channels will automatically be installed. This may take a few minutes and your equipment may shut down and restart.

After a retune, if you are not receiving your preferred regional service, you are likely to find your preferred services further down the channel list. If you want to make your preferred services easier to find, you can either use the 'favourites' list or 'channel settings'. See your instruction manual for more details.

If you find you are missing some channels or your equipment has stopped working, visit [digitaluk.co.uk/retuning](http://digitaluk.co.uk/retuning) for more information. If you can't do this yourself, you might want to consult friends or family who could do it for you, or otherwise call out an installer (see 'Common questions').

To watch a short video showing you how to retune, and for specific retuning instructions for the most popular Freeview products, visit [digitaluk.co.uk/retuning](http://digitaluk.co.uk/retuning).



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# Take 5

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## Stars

With Claire Petulengro

### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Trust in what you feel and want. If all of our dreams were the same then there would be nothing to aspire to. Dare to dream and dare to be different. Do it.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Lies are being told in business and it's only by playing things by the rules that you are going to stand a chance of getting the real facts and figures.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Someone who has admired you for a long time could come forward and make their feelings known. You find yourself in the right place at the right time.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You start a new and very fascinating project. Pay special attention to a younger member of the family. You can have a really positive impact.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Trust me when I tell you that there is every reason for you to dress up and get out there Gemini. An array of compatible and dramatic faces make this a good day.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

I know you miss a certain person who's no longer a part of your life. You owe it to them to remember the good times and not just the sadness of their passing.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You appear to be in line for a step up the ladder, so be prepared. You could have some trouble with a relative who thinks your problems are theirs.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Don't tell other people how to do their job. It could cast you as arrogant. Time spent with someone who has been doing your job longer is worthwhile.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

A bonus of some sort is indicated for past efforts. Children play an important role in your commitments and activities and you see an alternative side to them.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Don't rely too heavily on other people. They're liable to let you down. Some emotional upset is forecast which is liable to throw you seriously out of gear.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Try not to let emotion over rule your common sense. You could be making much more of a situation than is necessary, so try to get things into perspective.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Cross your bridges when you come to them Capricorn. Social plans look more interesting than usual. Travel, for once, brings you relaxation.

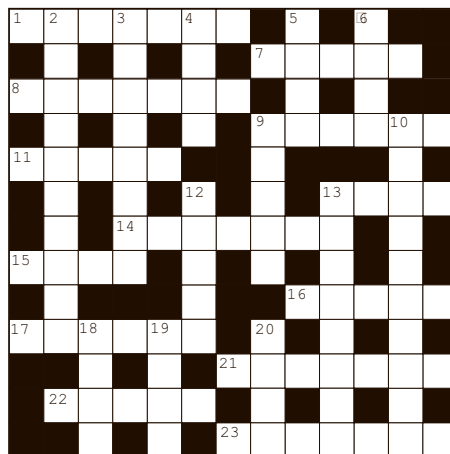
## Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a main course and a cocktail at the Marriott West India Quay's Manhattan Bar. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



## Crossword



### ACROSS

1. Study of living organisms (7)
7. Slumber (5)
8. Kitchen utensil (7)
9. Breed of small fowl (6)
11. Lose blood (5)
13. Strikes (4)
14. Baggage (7)
15. Do as told (4)
16. Boxing match (5)
17. Deathly (6)
21. Disentangle (7)
22. Bereaved wife (5)
23. Hates (7)

### DOWN

2. Imperceptible (10)
3. Recently (8)
4. Precious metal (4)
5. Entreaty (4)
6. Hotness (4)
9. Wide (5)
10. A fastening (10)
12. Great pain (5)
13. Pause in doubt (8)
18. Very keen (4)
19. Weaving apparatus (4)
20. Leg joint (4)

ACROSS: 1. Biology; 7. Sleep; 8. Spatula; 9. Bantam; 11. Bleed; 13. Hits; 14. Luggage; 15. Obey; 16. Fight; 17. Deadly; 21. Unravel; 22. Widow; 23. Detests. DOWN: 2. Impalpable; 3. Lately; 4. Gold; 5. Plea; 6. Heat; 9. Broad; 10. Attachment; 12. Agony; 13. Hesitate; 18. Avid; 19. Loom; 20. Knee.

## Sudoku

### EASY

		4	6		8	2		
	2	9	5			6		
3				9			4	5
1				2			5	7
		7	1		9	3		
2	3			8				4
8	6			4				9
	5				7	1	8	
		2	8		5	4		

### HARD

	2						6	
		5		6		4		
1	9						2	7
		2	5	7	1	3		
		8	3	9	4	6		
6	4						5	9
		3		8		7		
	1						3	

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website



# Digest 2012

## Culture

### Ode to Eton Manor penned by poet

POET Laureate Carol Ann Duffy has performed the first reading of a commissioned London 2012 poem, *Eton Manor*, to members of a sports club founded more than 100 years ago on what is now the Olympic Park.

It ends: "This is legacy – young lives respected, cherished, valued, helped to sprint, swim, bowl, box, play, excel, belong; believe community is self in multitude – the way past still dedicates to us its distant, present light."

The poem bears the same name as Eton Manor Paralympics venue.



## Events

### Disabled children in stadium race

DISABLED children from across the Olympic boroughs will get an unprecedented chance to take part in a sporting event at the Olympic Stadium next month.

Twenty children will be selected to participate in the Mayor's Race.

The Gold Challenge event on April 1, which will feature Team GB ambassadors, celebrities and hundreds of representatives from schools and charities across the capital, will also see the children taking part in a special opening ceremony parade.

Mayor of London Boris Johnson said: "This fantastic event will give disabled children from across London the sporting experience of a lifetime."

## Paralympics

### Celebrations lined up for torch arrival

THE Paralympic Torch, unveiled to mark six months to go to the Opening Ceremony, will be carried by 3,500 people.

Some 33 communities across the country will host flame celebrations over the August bank holiday weekend.



Made from an aluminium alloy, which was developed for the aerospace and automotive industry, the Paralympic Torch has been given a mirrored finish so its colour will adapt to its surroundings. It will not only reflect the light from the flame but also shine brightly on the torch-bearers that carry it.

## Face time

### Campbell Walsh

■ **Sport:** Canoe slalom

■ **Biography:** Born November 26, 1977 in Glasgow, went to school in Scotland and university at Nottingham, studying mathematical physics. Now a full-time athlete but one day wants to work for Nasa

■ **Form:** British No.1 has been dogged by a series of debilitating viral illnesses. A disappointing 8th at the first ranking event of 2012.

■ **Sporting dates:** Silver medal, Olympics 2004 Bronze, worlds, 2006, 2007 European champion, 2008 4th, worlds 2009

■ **He says:** "So far, I've had a long and successful career, achieving far more than I ever thought possible... World Cup Champion, European Champion, twice a World Championship medalist and an Olympic medalist."

■ **Olympics:** "My aim for 2012 is to get in the best shape possible to make it to the start-line, and then go out and win. I want the gold medal, although I'm realistic enough to know that anything can happen."

Go to [campbellwalsh.com](http://campbellwalsh.com).



Campbell Walsh: "I always aim to train and race hard"

## NUMBERS

# 2

Number of Games the Queen has opened

# 300

Basketballs to be used in the 2012 tournament

# 499

Gold medals issued at the Paralympic Games



Miriam Gonzalez, left, and her husband Deputy Prime Minister Nick Clegg, centre, speak to television presenter Clare Balding at a reception for Olympic Women 2012 at Admiralty House last week

## OmG

The *New York Times* has issued an amusing guide to our fair capital city. It includes gems such as: "Are Londoners psyched for the Olympics? Absolutely not. In the annual tourist rush of July and August, London is like a cranky father compelled to host a party for his teenage daughter — awkward, uncomfortable and simmering with barely concealed fury at the ghastly, noisy interlopers who insist on having a good time."

*'I'm calling on the general public to engage in civil disobedience'*

Union leader Len McCluskey's bid to disrupt the Games



■ I dread to think what it'll be like when the Olympics actually start and there'll be nothing left to "unveil".  
@chrishughes01

■ If Labour was entering a team for the Olympics I suspect Ed Mili would put Len McCluskey down for the High Jump!  
@Kevin\_Maguire

■ Just had a bloke call into the office with Olympics prep info for businesses. Sounds like a nuclear winter; 'stock up on food supplies'!  
@BrockleyKate



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# How to make Cheltenham pay

**RACING POST**

**CHELTENHAM SPECIAL WITH PAUL KEALY**

## TUESDAY

The last two winners of the Champion Hurdle are set for a battle royal in the 2012 running with **Hurricane Fly** and **Binocular** coming off impressive warm-up wins and the latter could provide the value.

Hurricane Fly is a deserved favourite but didn't win as easily as everyone seems to remember him doing and looks short enough at odds-on.

Another odds-on shot who could struggle up the Cheltenham hill is **Sprinter Sacre** in the Racing Post Arkle. He stopped quickly after the last in the Supreme last March and may well run out of stamina again.

Two of his rivals, **Al Ferof** and **Cue Card**, are former festival winners and the latter looks terrific each-way value, with jockey Joe Tizzard promising to make it a test from the front.

## WEDNESDAY

If there is a banker at this year's festival it is surely Champion Chase favourite **Sizing Europe**, who won the Arkle in 2010 and the Champion last year and has destroyed virtually all the worthwhile opposition at 2m over fences this term.

He would have won the Champion Hurdle at Cheltenham in 2008 if he hadn't broken down and that remains his only defeat at the course, so he really does look bomb-proof.



Hurricane Fly, above, is set for a battle against Binocular

## THURSDAY

The Ryanair Chase looks like being the most open Grade 1 chase of the meeting and **Poquelin**, a beaten favourite in the race for the last two seasons, could finally land the prize when everyone least expects it.

He has been undone for the last two seasons by a lack of pace in the race, but with a huge field looking all but guaranteed he could get the conditions he wants and he proved he's as good last year when second to the ridiculously well-handicapped The Giant Bolster, finishing eight lengths clear of the rest. He'll be at least 10-1 this time.

## FRIDAY: GOLD CUP

The legendary **Kauto Star** will raise the roof if he can land a third Belfred Cheltenham Gold Cup at the age of 12 and five years after winning his first, and the bookmakers give him a major shot of doing so.

Kauto, who made it five King George VI Chase wins at Kempton in December, is second favourite behind last year's winner **Long Run** but has beaten that one on both their starts this year.

The big worry is that the best chaser of his generation is beginning to look short of stamina for the Gold Cup trip as he approaches retirement age and a recent fall during a routine schooling session at home would also be a worry.

The interesting one is **Nicky Henderson's No. 2 Burton Port**, who almost beat stablemate Long Run on his return from more than a year off at Newbury in February. He is entitled to improve for the outing and is the value each-way shout against the big two.

■ For daily expert advice, top tips and the latest news from our sporting experts go to [racingpost.com](http://racingpost.com) or download the mobile app now.

## THE FANS' ROAR

By Ian Toal



## Good life away from home

We are certainly enjoying life away from home more than at The Den.

The 3-0 win at London Road, Peterborough on Tuesday night was a much-needed result to extend the gap between us and the bottom three as well as provide the team and supporters with a boost in confidence.

The importance of that match cannot be underestimated after losing at home to promotion chasing Reading in the previous game.

With seven home league defeats this season our fortress reputation where opposition teams used to fear to come is long forgotten.

At least we played against Reading although we ultimately gained nothing. We all knew that facing them at home in their outstanding form would be a tough prospect. But come the end of the match our supporters went home feeling frustrated that we did not take at least a point.

The outfield players put in a good shift but a defensive mix-up cost us the game. This prompted our supporters to call for goalkeeper David Forde to be dropped.

Trouble is with back-up Steve Mildenhall out injured and the club unlikely to shell out on a loan keeper, Kenny Jackett has to keep faith with Forde.

“We have a massive game against fellow strugglers Forest

The clean sheet at Peterborough proved it was a decent decision to stick with Forde.

Hopefully he can get through this difficult period and get back to his form of the last couple of seasons.

With the absence of top scorer Darius Henderson, two strikers in particular should be singled out for a special

mention for their contributions to the team lately.

Recent signing Andy Keogh gave us the lead at Reading and when he scored our second against Posh he made it four goals in seven starts, with half of those on the wing. He is an intelligent player and a good finisher and looks like a great signing by Kenny Jackett.

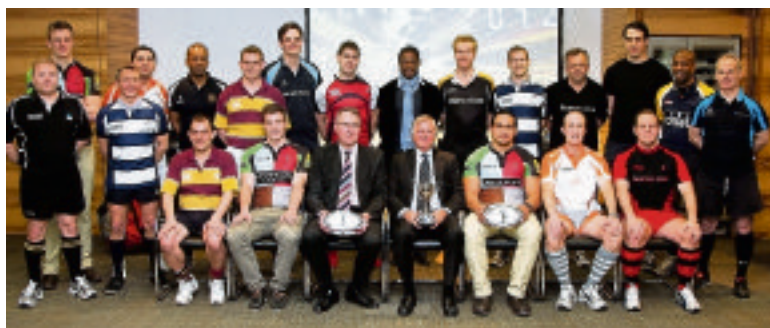
Last week 19-year-old Harry Kane grew his reputation in the game by following up his first league goal with a goal for England U19 in their 2-1 home win over Czech Republic at Brisbane Road.

Kane set up our opening goal in the Reading match and scored the third goal at Peterborough. I would love to see him back at the club next season to continue his development.

We have a massive game away at fellow strugglers Nottingham Forest this Saturday. Another good performance and result there will go a long way to securing our Championship status for next season.

Regular club news updates at [wharf.co.uk](http://wharf.co.uk)

## RUGBY



CAPTAINS in this year's City Scrum tournament exchanged pleasantries before battle commences next week.

Norton Rose in London Bridge hosted the pre-event meet, which saw companies including Barclays, KPMG, and Thomson Reuters meet squad members of Harlequins who will be coaching the teams.

Both the City Scrum Cup and the over-40s City Scrum Vase will take place at the Honourable Artillery Company in the Square Mile on March 15.

Director of Rugby at Harlequins Conor O'Shea said: "Once again I hope that the players being here helps to inspire the team to perform beyond their abilities."

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# Sport

Wharf



**CHEL TENHAM DIARY**  
Day-by-day guide to the best prospects by top tipster **P67**

## FOOTBALL

### Powell stays positive as defeat ends winning run

Rob.Virtue  
@wharf.co.uk

CHARLTON manager Chris Powell has urged his side to bounce back again after suffering their third defeat of the season.

The Addicks lost 2-0 to Colchester on Tuesday night to end the side's unbeaten league record at The Valley this season.

But the other two defeats have been followed by wins and boss Powell said there was no reason his side couldn't do it again at home to Notts County on Saturday.

He said: "It's time to show our resolve again. I'm philosophical about it because it's a tough ask going 23 games at home unbeaten but we went a long way.

"We've still got a lot of home games, we're in a good position and we've got to re-group for Notts County.

"We wanted to remain unbeaten at home but it wasn't to be. It's been a long time – since April if you include last season."

Powell said he was disappointed by the result despite the Addicks remaining 13 points clear of second-placed Sheffield United who lost to Walsall.

"It's tough to take but we've been beaten by a wonder goal and a poor goal by our standards.

"Maybe one or two decisions and chances didn't go our way but that happens in this game. They've gone for us a lot this year but it didn't happen this evening, not for want of trying."

Powell refused to blame goalkeeper Ben Hamer for the second goal against Colchester, which stemmed from his poor clearance.

He said: "He's been excellent for us. A real top keeper but he's made a mistake. I don't need to tell him anything. It sometimes happens."

### Henri plans to sting Hornets

MIDFIELDER Henri Lansbury was this week planning to upset his old Watford team-mates before the Hornets visited West Ham on Wednesday evening.

The Hammers midfielder spent the 2009/10 season on loan at Vicarage Road, scoring five goals in 39 appearances.

Speaking before the match he said: "There are a few of them still there. I used to play in midfield with John Eustace and I'm still good friends with him."

The match was played after *The Wharf* went to press. Go to [wharf.co.uk](http://wharf.co.uk) for match details.

# Rebecca and co will be a force



Rebecca Adlington, right, celebrates winning the gold medal with Joanne Jackson, winner of the silver medal in the Women's Open 400m Freestyle Final at The London Aquatics Centre in Stratford this weekend

## SWIMMING

Beijing was four years too early but the future is bright, says Gillingham

Rob.Virtue  
@wharf.co.uk

**F**ollowing the surprise success of Britain's swimmers in Beijing 2008 all eyes will be on the Aquatics Centre this summer to see if Team GB 2012 can match those heights.

According to silver medalist in Seoul '88 Nick Gillingham, he knows what it takes.

A winner of more than 17 championship medals, he is now a mentor for up and coming swimmers.

He said that, even if individual swimmers failed to live up to their promise in 2012, the future was bright.

"It was a big shock to do so well in Beijing and take so many golds – we were four years ahead of the game," said the 45-year-old.

"To equal that is a tough ask. If I had a crystal ball, I'd say I think we will. Statistics show whoever has a home games does well on the medals table.



Mentor: Nick Gillingham

"But as a nation we'll be more powerful in 2016 and 2020."

Gillingham, who was speaking at an event sponsored by Jaguar Academy of Sport, mentoring up-and-coming British Olympic prospects, tipped Rebecca Adlington for gold in 2012 and said he also expects some surprise names on the rostrum.

Adlington qualified for the Games at the weekend at the Aquatics Centre. She won gold medal in the Women's Open 400m Freestyle Final during day two of the British Gas Swimming Championships.

Gillingham said: "Rebecca will find

it very hard on the 400m freestyle but I think she will certainly be the force to be reckoned with on the 800m freestyle," he said.

"She's been working extremely hard and trying to maintain a six beat leg kick with her coach Bill Furnish for that event. Some coaches say it can't be done but watch this space.

"I saw Liam Tancock in Tenerife recently, extremely on song and world record holder at 50m back stroke but he's challenged because that's not an Olympic event and he has to move to 100m.

"However, he's in such great shape, fit and strong, as well as maintaining speed so watch out for him.

"But there's eight or nine who could medal or even take a gold unexpectedly."

Gillingham looks on the competitors for 2012 with admiration, remembering Seoul '88 fondly.

"There was tremendous culture and colour and it was very well organised," he said. "I was a 21-year-old travelling to the Far East and got a silver medal losing to the world champion. That elevated my career and I went on to be world record holder and European champion the following year.

"The most upsetting moment was the closing ceremony when the flame went out. I was looking at it and it just went. I thought, 'No! You can't go! It's very special.'"

Go to [jaguaracademyofsport.co.uk](http://jaguaracademyofsport.co.uk).

## SQUASH

### Rivalry for No.1 spot will resume at Wharf

by Alan Thatcher

THIS year's Canary Wharf Classic is shaping up to be a real Battle of Britain with top seeds Nick Matthew and James Willstrop battling for supremacy at the top of the world rankings.

Willstrop warmed up for the Canary Wharf Classic by winning the Davenport North American Open in Richmond, Virginia, last week. The world's top player, who is bidding for a fourth Canary Wharf title this year, is enjoying the best form of his career. He has reached the final of six of his last eight tournaments and has racked up four PSA World Series titles since November in the game's elite series of events.

He returned to world No.1 in the March rankings but his great rival Nick Matthew is top seed at Canary Wharf.

Squash fans are intrigued by the rivalry between England's two leading players, who are both from Yorkshire.

Despite Willstrop's success, Matthew has beaten him 15 times in a row, the last two victories coming earlier this year in the final of the Tournament of Champions in New York and the British National Championships in Manchester.

Matthew is seeded to meet England team-mate Daryl Selby in the quarter-finals.

Willstrop has been drawn against his Leeds-based training partner, Saurav Ghosal, the Indian number one. East Ender Peter Barker, the number three seed who has been struggling injury since Christmas, is in line for a tough quarter-final against German number one Simon Rosner, who gave Matthew a hard time in Richmond. Fellow Londoner Adrian Grant is scheduled to meet Mohamed El Shorbagy in the quarters.

The Canary Wharf Classic will be held at Eastwinter Garden, March 19-23. Go to [cwsquash.com](http://cwsquash.com).

### Try your hand

SQUASH fans are invited to test their reflexes against the sport's best at Jubilee Place Mall this week.

The Batak Squash Challenge will take place between 11am and 2.30pm today and tomorrow.

Prizes include a Prince racket and tickets to the Canary Wharf Squash Classic.



James Willstrop at Canary Wharf

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## Departures to Dublin **DUB**

Depart	Arrive	Flt No	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00	08:20	AF5115	*	*	*	*			
08:45	10:10	AF5117	*	*					
09:00	10:20	AF5117					*		
11:00	12:25	AF5119						*	
12:40	14:00	AF5127	*	*	*	*	*		
12:50	14:15	AF5121					*		*
15:10	16:40	AF5121	*	*	*	*			
17:25	18:50	AF5123	*	*	*	*	*		
19:20	20:40	AF5125	*	*	*	*	*		
21:05	22:35	AF5123							*
21:20	22:35	AF5223				*			

## Arrivals from Dublin **DUB**

Depart	Arrive	Flt No	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:45	08:15	AF5118	*	*					
07:20	08:55	AF5118	*	*	*	*	*		
09:00	10:30	AF5120	*	*	*	*	*	*	
14:30	15:50	AF5122	*	*	*	*	*		
15:00	16:25	AF5124							*
15:30	16:55	AF5124					*		
17:20	18:50	AF5126	*	*	*	*	*		
19:30	20:50	AF5222	*	*	*	*	*		*

Schedule correct at time of print – following changes on March 5 – subject to change.  
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